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MOTHER'S PRIDE AT PRIZE

Super mum Dorothy Higgins brushed shoulders with the stars on Sunday night as she was named Community Mum of the Year in the Tesco magazine awards. Former EastEnders and The Bill star Todd Carty (left) joined ex-GMTV star Fiona Phillips (right) in celebrating Mrs Higgins' triumph. **FULL STORY - PAGE 3**

■ BY GARETH ARNOLD

FAVERSHAMS increasing claims of becoming the centre of a new explosion of tastes and flavours has been reinforced after a hat-trick of successes at the Taste of Kent Awards.

The glitzy bash was staged at Leeds Castle on Thursday and recognised the county's top producers of food and drink.

And our district emerged in good health as claims of this area becoming a boom patch of culinary expertise were reinforced.

The area won best pub, best butcher and best non-alcoholic drink producer in the countywide competition.

The contest is staged by Produced in Kent – an organisation set up to support and promote local suppliers.

Kevin Payne, of Pine Trees Farm, Doddington, which won best non-alcoholic drink producer for its apple juice, said: "We're really excited about the award."

"We've only been making apple juice for the last two years and now make about 12,000 bottles a year, which may sound a lot, but it's not many compared to some other places."

"So it was really nice to win ahead of some of the larger producers."

"We were planning to expand the number of shops we sell to and this award should make it much easier. We can now call it award-winning apple juice."

And Barkaways Butchers took top spot for the second year running in the best butcher/meat producer category.

CONTINUED ON PAGE 2



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3 Modern-day Bag Lady takes to the streets of Maidstone.
 See the community channel and search 'bin'

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Residents kick up a stink over cesspit charge

■ BY GARETH ARNOLD

SOMETHING stinks, according to Moat Housing tenants who face massive rent increases to cover the cost of emptying their cesspits.

Tenants in Glebe Way, Eastling, face price hikes of up to 40 per cent after the Dover-based Moat Housing Association said it needed the extra cash to cover the cost of sewage collection.

Now residents are calling a meeting to decide what to do in the face of rent increase.

Jill Fellows of Glebe Cottages said: "I think it's appalling the way they've gone up. These houses have been here long enough and Moat knew what the sewage costs were."

"To just whack it on us like that is one hell of a leap."

Like many rural homes, the 26 houses in Glebe Way are not connected to the main sewerage system, so foul water waste flows out of the houses into cesspits which are periodically emptied.

Moat say the cost of emptying the cesspits at Glebe Way is higher than normal due to the inaccessible country location and they have decided to reflect this in the rents.

Brian Johnson, Moat Housing's chief executive, said: "Although Moat hadn't previously received complaints from residents about the level of sewage charges at Glebe Cottages, we have begun a review of the way in which we charge for sewage costs since the issue was raised by residents."

"The costs at this particular scheme are higher than normal due



IN A HOLE: Moat Housing blames the price increase on Eastling's inaccessible location to the rural location and difficulty in accessing the properties.

"Moat has decided it will not be back-charging rented residents for 2008/09 for these costs."

The association has said it will continue to review charges for next year and future years to "ensure that they are kept in line with typical rates for pumped sewage charges".

Mr Johnson said: "We are working closely with the residents to keep them fully up to date with this review and will be writing to them shortly with details of the new charges."

"We do encourage residents to contact us directly if they have any concerns about the services that Moat offers."



HONOUR: Kevin Payne of Pine Trees Farm (centre) at the Taste of Kent Awards ceremony

Faversham is a culinary hot spot

CONTINUED FROM FRONT

Chris Barkaway said: "The business has been going since the 1850s, so it's nice to know we're still doing it right after 150 years."

"It's also recognition of the hard work of our staff."

"People are so much more aware of where their food comes from now. We've always sourced our meat locally so it's fallen into our laps really."

The Plough at Stalisfield, Stalisfield Green, was raising a glass to its own success too after it took the title of Kent's best pub.

Faversham's reputation for good food was further cemented last month when it was identified as one corner of the East Kent Triangle by the Good Food Guide, who named the area between Whitstable, Canterbury and Faversham as one of Britain's culinary hot spots.

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NEWS IN BRIEF

Books for all tastes at community café sale

BOOKWORMS can browse over bargains and enjoy a nice cuppa at Faversham's community café on Saturday.

The café is holding a used book sale to raise cash as part of the ongoing battle to keep open.

Manageress Cher Oddy says the event, in Preston Street, is part of celebrations for World Book Day.

She said: "We can never get enough books. Any donations will be gratefully received. We will be opening at 9.30am and anyone can browse, have a cuppa or a cream tea so come and have a look. We should have books for every taste."

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Landlords raise a glass towards MP's support

■ BY JENNY ARMSTRONG

LANDLORDS have welcomed our MP's pub-friendly proposals as the economic downturn continues to take a bite out of profits.

Conservative Hugh Robertson, who represents Faversham and Mid Kent, came out in support of the Save the Great British Pub campaign last week.

The campaign aims to cut duty on beer but raise it on alcopops and cider. It also wants to see less regulation affecting licensed premises and once again see pubs become the hub of local communities.

It is hoped such steps will increase custom in pubs, a move which would particularly boost towns such as Faversham, where brewing plays such a key role in the local economy.

David Pott, landlord of the Market Inn in East Street, said: "I support this. The more they can do to help pubs the better. If they can stop this duty, it will help business."

"Fewer regulations would help as well. We've had a mass of regulations in the last few years."

Mr Robertson said: "It is a horrifying statistic that 33 per cent of the cost of every pint of beer goes to the Chancellor in excess duty.

"It partially explains why six pubs are closing every day. The duty rate has to be adjusted so responsible drinking of beer in pubs is encouraged while the irresponsible consumption of drinks with an artificially high alcohol content



TO THE PINT: Faversham MP Hugh Robertson, inset, is backing the campaign to reduce duty on beer in pubs

and alcopops is penalised."

Mike Skipper, landlord of the Three Horseshoes in Hernhill, said any help would be welcome at the moment. "The economic climate is a problem for business now, without a doubt," he said. "I would say the wet side of our business [sales of drink as opposed to food] is down 30 per cent at least."

Although Mr Skipper says lower beer duty

would help business, he thinks an industry-specific rate rather than a drink-specific rate would be more useful. He said: "It all goes back to the binge-drinking thing. Binge-drinking isn't alcopops and cider, it's cheap beer from the supermarkets."

"The problem the trade has is the gap between what the supermarkets are charging and what we have to charge."

Do yourself a flavour - back Kent produce

KOS Media – publisher of Yourswale and our sister title Kent on Sunday – has this week launched a major new campaign urging readers to back local producers of food and drink.

The campaign is spearheaded by the website www.foodforkent.co.uk which allows users to buy all their family's food and drink needs in one place.

What's more the prices are kind to your pocket and every penny you spend you know will be ploughed back into the local economy.

Local produce means fewer food miles – so it's kinder on the environment – and brings massive taste benefits too, with fresh products packed full of nutrients.

The campaign is being backed by Produced in Kent – the organisation behind last week's Taste of Kent Awards – and a big campaigner for the services and produce of our county.

Foodforkent.co.uk features vegetables, fruit, meat and fish as well as a range of bakery and dairy products.

For full details, turn to page 11. Or why not check it out for yourself now. Simply log-on to our website www.foodforkent.co.uk.

Dedicated mum's hard work proves no passing fad

TIRELESS volunteer Dorothy Higgins picked up her Community Mum of the Year award in a glitzy star-studded awards ceremony in London on Sunday.

The Tesco magazine awards – which saw model Nell McAndrew crowned Celebrity Mum – was staged to honour mothers in need of special recognition.

Two years ago Mrs Higgins, 42, of Whiting Crescent, set up Family Activities for the Disabled in Swale (Fads) which now gives 126 families the chance to enjoy much-needed days out. She raised the money through applying for grants and funding as well as organising raffles, lunches and themed events.

Mrs Higgins was nominated by her son, Alistair, 14. He explained: "My mum deserves the award for everything she does for Fads and for the time she spends helping others in our area."

Fads was sparked after Mrs

Higgins gave birth to daughter Joanna, now eight.

She was born with spina bifida and a rare genetic disorder, DiGeorge syndrome. She found there wasn't enough support in her community for families with disabled children.

Mrs Higgins said: "It occurred to me that more needed to be done and I thought, if no one else is going to do it, I'll do it myself."

Aside from Fads she has helped set up a youth club in Bysingwood and is on the board of the Kent Spina Bifida Hydrocephalus Association.

She was also the driving force behind a youth club in Bysingwood.

Mrs Higgins learned of the award last month and picked up the trophy at London's Waldorf Hilton Hotel on Sunday night.

The show was hosted by former GMTV presenter Fiona Phillips. Other celebrities in attendance included girl band The Saturdays, Lemar and Jimmy Osmond.

Boosting tourism at free workshop

GUEST houses and B&Bs across the district are being invited to attend a free workshop to help them boost business.

In a bid to help swell tourist numbers, lessons in how to enhance the quality and competitiveness of their business will take place on March 12.

The Make Quality Count workshop is run by Swale council in partnership with Tourism South East, Seeda, Tourism Skills Network South East, Visit Kent and Quality in Tourism. They want the borough to be fighting fit in time for the boom in tourism expected for the 2012 Olympics. Swale council's Lyn Newton said: "This is a great opportunity to gain invaluable knowledge and skills. We need to exceed visitors' expectations so they come back and tell others about us."

The workshop is at the Ferry House Inn, Harty Ferry Road, Leysdown-on-Sea, Sheerness.

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NEWS IN BRIEF

Co-op grant to help fund counselling for bereaved

BEREAVEMENT counselling is available at Cruse Bereavement Care's Canterbury branch, thanks to a grant from the Co-op.

The £1,000 grant to the Canterbury and Thanet branch will provide training to four of its supervisors, allowing the charity to restart its service.

Charity spokesman Sylvia Butcher said: "The Co-op grant has enabled four new supervisors to undertake the necessary Cruse training."

Man fined after nine-hour birthday booze session

DRUNK Paul Gillham celebrated a friend's birthday too heavily and wound up in a police cell.

Gillham, 23, of Canterbury Road, Whitstable was picked up in Old Bridge Road after boozing for nine hours.

He admitted being drunk and disorderly at Canterbury Magistrates Court.

Gillham was fined £100 and ordered to pay £60 costs plus £15 victim surcharge.

Two glasses of wine lead to crash and driving ban

PENSIONER Leslie Binersley didn't realise two glasses of red wine would put him over the drink drive limit.

Binersley, 65, of Charnwood Road, Broomfield admitted drink driving at Canterbury Magistrates Court last week.

He was breath tested after his car was involved in a collision in Herne Bay.

Binersley was banned from driving for a year, fined £300 and ordered to pay £60 costs plus £15 victim surcharge.

Café to donate Mothers' Day menu cash to charity

THIS Mothering Sunday, Café Rouge will once again join forces with Marie Curie Cancer Care to offer diners a special menu which is set to raise vital funds for the charity.

The restaurant chain will donate £1 from every Mothers' Day menu sold on March 22 to the charity which provides nursing care for people with terminal cancer and other illnesses in their own homes.

Get in the pink for first Race for Life in the city

■ BY GARETH ARNOLD

CANTERBURY is holding its first ever Race for Life this summer in support of Cancer Research UK.

The charity is appealing for women from the district to get involved in the fun events which now attract nearly 700,000 participants nationwide every year.

The Canterbury race is set for June 28. Herne Bay will hold its own race on July 12.

Organisers are hoping for 1,800 women to join the Canterbury event, with a fundraising target of £122,000. Registration for the race is now open.

Cancer Research UK's Race for Life 2009 is the UK's largest women-only fundraiser.

Women of all ages and fitness levels are invited to do something amazing by signing up for the 5km event, joining together to walk, jog or run the distance to raise money to help beat cancer.

Many women who join in are cancer survivors or are participating in memory or support of a loved one.

Natasha Etienne, Race for Life area event manager for Kent, said: "We hope that everyone will accept our invitation to do something amazing by taking part in Race for Life."

"Women of all ages, abilities, shapes and sizes join in. They motivate and inspire each other to complete the 5k course."

"Many simply walk round, chatting and having fun but they all share the wonderful spirit of sisterhood and pride on the day."

Cancer Research carries out world-class research to improve understanding of the dis-



FUN RUNNERS: Ladies are asked to don their pink running outfits for 5k run and raise money for Cancer Research UK

ease and find out how to prevent, diagnose and treat different kinds of cancer, and the charity says that good progress has been made.

Ms Etienne adds: "The number of people surviving cancer is increasing. In the 1960s, less than three out of ten children diagnosed with cancer were successfully treated."

"Now, it's seven out of ten. More women are surviving breast cancer than ever before."

"But we still have a long way to go. Despite improvements in treatment, one in four people

in the UK will die from cancer. With your help, we want to change that."

Cancer Research UK believes that research is the key to developing better ways of preventing, detecting and treating cancer."

The Race for Life in Canterbury takes place on Sunday, June 28, at 11am at the University of Kent.

- Women are invited to enter for either the Canterbury or Herne Bay race at www.raceforlife.org or by calling 0871 641 2282.

Hairy Bikers drop by to get a taste of Kent

SLICE OF LIFE: The Hairy Bikers at Tiny Tim's Tearooms

THE Hairy Bikers rode into Canterbury recently to film their forthcoming series to be aired in the summer.

The celebrity TV cooks had come in search of traditional Kentish food, and they found it in an enthusiastic episode featuring Tiny Tim's Tearoom in St Margaret's Street.

Hairy biker Dave Myers said: "We are looking for something you only find in Kent and tastes fantastic."

Tiny Tim's Tearoom is a family run tearoom and restaurant offering breakfast dishes and light lunches, which are freshly prepared along with a range of homemade cakes and pastries, all

baked on the premises each morning.

In their quest to find unique and traditional tastes of Kent, the bikers sampled Tiny Tim's plump pilgrims, sausage puffkins and Kentish huffkins.

Customers at Tiny Tim's watched as Dave Myers and Si King discussed on camera the many cakes and pastries on offer with owner Phil Owens.

Simon King said: "It's not rocket science, but it is great food you really want to eat."

Owner Jo Dench-Owens said: "It was an exciting day at Tiny Tim's for all the staff and Dave and Si lived up to their friendly on-screen reputation."

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TRANQUILLITY: Stunning sea view is part of Ady Kerry's exhibition at the Horsebridge Centre in Whitstable

Ady's images an eye opener at exhibition

FROM tranquil landscapes to frenetic sporting events, the work of acclaimed Wingham photographer Ady Kerry offers a varied vision of the world around us.

And visitors can catch a glimpse at Mr Kerry's latest exhibition, starting today, at the Horsebridge Centre in Whitstable.

The Eye of a Stranger... Objective Eyes? is the third exhibition by the freelance photographer whose work regularly appears in many national and regional papers in the UK and abroad – including this newspaper and our sister title Kent on Sunday.

Mr Kerry said: "The challenge for any photographer is to illustrate a range of opinions for as many people as possible, either in one image, or in a selection of images forming a larger feature."

"The power of an image for one person can be lost on another, which is reassuring."

Despite being used to seeing his pictures in some of the world's most prestigious publications, Mr Kerry says exhibitions are vital for photographers who are often forced to put their work at the mercy of picture editors and page layouts.

He said: "The lack of space and pre-designed pages often lead to the best pictures

■ BY GARETH ARNOLD

not getting published.

"It is a frustrating aspect of the industry which professionals accept, reluctantly, so having an exhibition is an opportunity for me to showcase the images I like.

"All artists have a connection with their work, and some of these images have an emotional attachment which wouldn't be directly apparent to the viewer, while others have the power to evoke memories of a time or a place which many people can equate to.

"The Welsh Six Nations celebration at the final whistle after defeating England on the way to the Grand Slam in 2008 tells both sides of the story, Welsh joy and English despair; while the landscape image of the sunset behind Brighton's West Pier shows how beautiful our world still is."

Mr Kerry is also adept at capturing calmer moments, and landscapes also form part of the wide-ranging pictures on display.

The Eye of a Stranger... Objective Eyes? is on at the Horsebridge Gallery, Whitstable until March 10.

The gallery is open from 9am to 6pm Monday to Saturday, and 10am to 6pm on Sundays. Admission is free.

Countdown to closure

As part of a series of articles taking a look at the history of the Marlowe Theatre, prior to its closure later this month, check out a special online documentary.

Exclusive to our free, broadband TV website, www.yourkenttv.co.uk, presenter Julie Maddocks spoke to some of the people who work behind the scenes about their memories of the famous venue.

Simply search the leisure channel to find the clip. And why not send us your memories of the Marlowe? Which big names did you see there? Will you miss it when it's shut? Email: yoursrale@kosmedia.co.uk Or write: The Editor, Yoursrale, KOS Media, Apple Barn, Hythe Road, Smeeth, Ashford TN25 6SR.

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NEWS IN BRIEF

Where are your children?

POLICE have appealed to Herne Bay parents to take more responsibility for their children after officers dispersed a large mob of drunken youths.

Up to 70 youths aged between 14 and 19 gathered on the seafront on February 20. Police say the group's behavior was "deteriorating", forcing them to take action.

Officers confiscated alcohol from several teenagers and an 18-year-old boy from Herne Bay was arrested after refusing to hand over an open bottle of wine and tying to run off.

He was restrained by officers and taken to the town's police station where he was issued with a penalty notice for disorder and a £50 fine for drinking in an Alcohol Control Area when requested not to do so.

Dozens of other youths had their cans and bottles seized and poured away.

Sgt Dave Brenchley of the Herne Bay and Whitstable neighbourhood team said: "I think parents simply do not realise what is going on but they must take more of an active role in finding out where their children are going on a Friday night."

Call for music centre funds

CANTERBURY Christ Church University is on the hunt for 1,000 supporters to help fund its proposed music centre.

The university has already secured a proportion of the £8 million needed to build the centre, dubbed the St Gregory's development project, and has launched an appeal for further external funding. It is seeking 1,000 supporters to become Friends of St Gregory's, at a cost of £25 per year.

To join up, email stgregs-development@canterbury.ac.uk or call Kate Chesterman on 01227 782995.

Iconic images up for sale

SOME of the first shots of the Rolling Stones are on sale as prints at The Art Room in Canterbury Fenwick.

The collection, featuring six limited edition prints, documents some of the important early moments in the band's history, on the cusp of them securing their recording contract.

Taken in 1963 by photographer Philip Townsend, famous for his shots of icons such as The Beatles, Twiggy, Gene Pitney and The Searchers, the prints are limited to 495 worldwide and signed by the photographer.

They are on sale now at The Art Room, 2nd Floor, Fenwick.

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Balcony Suite - £2786

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Russia - Gdynia, Poland - Sopotzitz,
Germany - Dover

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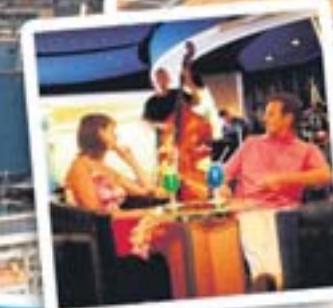
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On board Braemar

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Outside Cabin - £1244
Balcony Cabin - £1668
Balcony Suite - £2352

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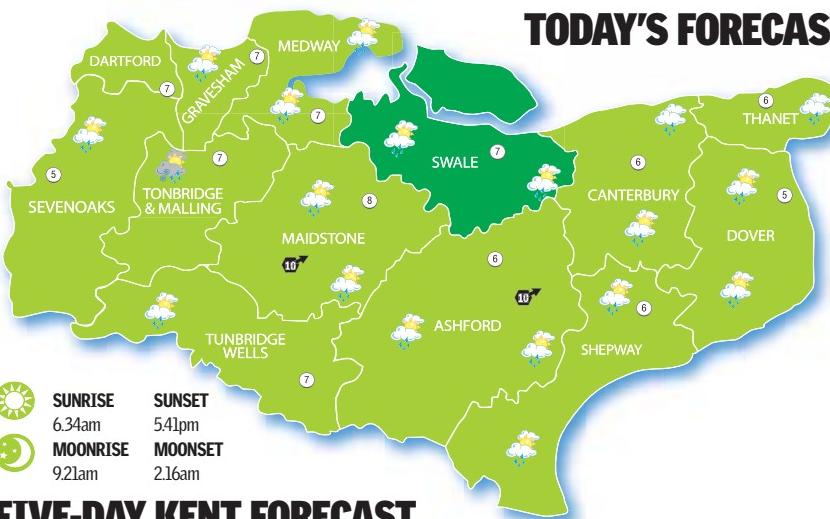
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Canterbury	8°C	6°C	6°C	8°C	8°C	Maidstone	10°C	7°C	8°C	9°C									
Chatham	10°C	7°C	7°C	8°C	8°C	Ramsgate	8°C	6°C	6°C	8°C									
Dartford	10°C	7°C	8°C	10°C	10°C	Rochester	10°C	7°C	7°C	8°C									
Dover	8°C	5°C	6°C	8°C	7°C	Sevenoaks	8°C	5°C	7°C	7°C	8°C								
Faversham	10°C	7°C	7°C	8°C	8°C	Sittingbourne	10°C	7°C	7°C	8°C									
Folkestone	8°C	5°C	6°C	8°C	7°C	Tonbridge	9°C	7°C	8°C	9°C									
Gillingham	10°C	7°C	7°C	8°C	8°C	Tun Wells	9°C	7°C	8°C	9°C									

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'We have a right to know where there food comes from'

TORY hopeful Gordon Henderson is urging Swale residents to help push through food packaging changes.

The Conservatives' prospective parliamentary candidate for Sheppey and Sittingbourne is asking constituents to sign up to the party's 'honest food' campaign – which seeks to bring in compulsory country of origin labelling.

The campaign – backed by chefs such as Hugh Fernley-Whittingstall and Anthony Worrall Thompson – was started after it emerged that products described as "produced in the UK" use imported meat from across the globe.

Mr Henderson said: "I support this campaign for two reasons; the first is that people have a right to know where their food comes from.

"Currently there is nothing in food labelling regulation to stop food from abroad that is only processed here from being labelled as British. That is simply unacceptable."

"Secondly, the current labelling laws harm our local farmers, because there are many people who buy products thinking they are locally produced, when in fact they are often imported."

"I am delighted David Cameron has said he would change the law to prevent unclear and misleading labelling so only meat from animals reared in Britain could carry a British label."

The petition can be signed at www.honestfoodcampaign.com.



CAMPAIGN: Tory candidate Gordon Henderson

WEEKEND HIGH TIDES

Chatham	Saturday	9:02am	5.0m
	Sunday	10:26am	5.4m
Dover	Saturday	7:44am	5.5m
	Sunday	9:00am	5.9m
Dungeness	Saturday	7:18am	6.1m
	Sunday	8:39am	6.5m
Ramsgate	Saturday	8:14am	4.2m
	Sunday	9:30am	4.5m
Sheerness	Saturday	8:50am	4.9m
	Sunday	10:15am	5.2m
Whitstable	Saturday	9:07am	4.5m
	Sunday	10:32am	4.9m

AROUND THE WORLD YESTERDAY

Amsterdam	8°C	Madrid	11°C
Athens	16°C	New York	1°C
Barcelona	14°C	Paris	11°C
Beijing	1°C	Rome	14°C
Bombay	36°C	Sydney	26°C
Cape Town	24°C	Tenerife	19°C
Cardiff	9°C	Tokyo	9°C
Gibraltar	14°C	Vancouver	11°C
Hong Kong	20°C	Warsaw	4°C
Las Palmas	16°C	Wellington	21°C

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QUESTION & ANSWER

JULIE ROOK



Q & A

The marketing manager for leading Kent butcher J C Rook and Sons and the wife of chief executive Chris Rook, talks to **Anna White** about the family-run company and the importance of local shops and produce

Q What is the key to having a long-running successful family business?

A Good old-fashioned customer service, reputation and of course we wouldn't be anywhere without our wonderful staff. Many people remember Rook's as part of their childhood. When I was young and before I married into the family, Rook's in Ramsgate was the only butchers my grandmother and mother would bother with. Many of our members of staff have also been with us for many years and our customers trust them and like to see the same old friendly face when they visit one of our stores. We are also trusted for our quality. All the meat we sell has passports and we can tell at any given time what farm or supplier your Sunday joint has come from. We also believe we supply good value for money without compromising on quality.

Q Celebrity chefs including Hugh Fearnley-Whittingstall and Jamie Oliver have appeared on our televisions encouraging viewers to eat British meat and free range poultry. Has J C Rook and Sons noticed a change in trade since the shows?

A We are eternally grateful to all of those celebrity chefs that highlight the need for British consumers to support British farmers and British businesses. Although I can't honestly say that trade has increased because of those shows, what I can say is that people are genuinely more concerned with the quality of food they consume. They want to know where their food has come from and how it has been handled en-route. Because of our reputation in

being able to supply this information for our customers we have been able to survive in this extremely competitive market.

Q Jamie Oliver's recent Channel 4 show *Save Our Bacon* aimed to encourage people to buy pork from struggling British farmers who had lost trade to foreign farmers, has J C Rook and Sons been affected by the foreign trade?

A Not really. We have always stocked local pork and will always stock local pork. However, Kent has lost many pork farmers recently simply because they couldn't compete with the foreign farmers and so we now have to buy pork from Sussex as well to keep up with demand.

Q The country seems to be in a dilemma between buying intensively reared or free range chicken, where does J C Rook and Sons stand on the issue?

A We do not stock the intensively farmed battery chickens. We believe this is cruel and unnecessary, but I don't think there is any dilemma for local people. People genuinely would love to be able to afford to eat organic, free range chicken every day of the week, but many simply can't afford to, so we stock the barn reared and the organic free range chicken. What we do at Rook's is offer the choice and then people can then make up their own mind.

Q What are the benefits for people buying their meat from a butcher instead of a supermarket?

A We are experts in meat, supermarkets are not. Our butchers can tell the customer what

the best cuts are, what the most economical cuts are and the cooking instructions as well as what farm that particular piece of meat is from. Butchers provide food confidence, local food for local people with less food miles travelled. More local people employed and do we really want to see high streets full of supermarkets, use us or lose us has always been the motto.

Q Tell us about the eco-friendly factors of the business?

A We have been working in partnership with local landowners to enable us to produce some of our own beef on land near Fowlmead Country Park in Deal. This not only helps local farmers but also gives our customers confidence in the food they eat as well as reducing food miles travelled and carbon footprint. We are also proud to have 100 per cent biodegradable packaging and were (we believe) the first company in Kent to introduce a charge for plastic carrier bags. Any money raised in this way is donated to charity and our carrier bag consumption has reduced by over 60 per cent.

Q Your store in Maidstone won The Mall 2008 retailer of the year award, what did staff do to achieve the award?

A By just being as they always are, smart, clean, helpful, courteous and by knowing their products inside out. They scored 100 per cent in customer service at every stage of The Mall secret shopper awards and this award is richly deserved. They are a first class team.

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Bin the Bag countdown launch in Maidstone. Search 'bag'



Grant for restoration of Kennington war memorial. Search 'memorial'



Fire drill carried out at Canterbury Cathedral. Search 'cathedral'

EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

yourkenttv.co.uk

News merger turns off ITV's viewers

■ BY SIMON ROBINSON

HUNDREDS of TV viewers across Kent have vowed to switch off ITV after the station merged three news areas into one.

The ITV Meridian South East show has been combined with the Thames Valley and South shows into a single "pan-regional" broadcast.

The super region reaches a population of eight million people, 12 county councils, 86 MPs, 60 district councils – from Dover to Oxford and Medway to Portsmouth – and seven international airports.

Kent viewers have taken to ITV's message board in their hundreds to complain about the move.

Angela Fyfe, one of more than 500 viewers to hit out at the new show online, wrote: "The news area covered now is far too large.

"Nobody in the Kent area is interested in Southampton, West Sussex and so on, and I am quite sure all viewers feel the same."

"You will lose many loyal local news watchers by these changes, please think again."

"That Ginger Guy" added: "Cringeworthy television at its best. I don't bother with ITV with news anymore."

"It's dreadful that you thought saving money by making local news no longer local or watchable."

PGC wrote: "I have tried to be patient and give the new look programme a chance. But I'm afraid it has lost not only its identity, it has also lost its sparkle, personality and charm."



BROAD-CAST: Fred Dineage and Sangeeta Bhabra bringing you news from Southampton and Basingstoke

"The audience is there for a local news programme – but this isn't it. If ITV want to save money, this is not the answer, why drive your audience away?"

ITV's online editor Jonathan Marland said the combined ITV Meridian news bulletin – with East and West segments – have come as a result of "economic realities".

He wrote on the ITV website: "The changes have all been made against a background of massive upheaval in British broadcasting. In a nutshell ITV had an obligation to make regional news as part of the original conditions of its broadcasting

licence.

"But those conditions have been relaxed as a result of the huge number of digital stations now competing for advertising revenue, and the credit squeeze."

"This is all part of a big national debate about public service broadcasting, and who should pay for it. The problem is that PSB is expensive and cannot be maintained on a purely commercial basis.

"The government is promising to come up with a solution soon. In the meantime economic realities have forced changes across the whole PSB landscape."

University of Kent opens up a world of study in Brussels

The University of Kent markets itself as the UK's European University. It has partnerships with colleges in Germany, Spain, Austria, France and for more than ten years it has been running its own small campus in the political heart of Europe. Reporter ED HILL paid them a visit.

ONE small floor of an office block in Brussels is a hive of academic achievement that reaches out across the entire world.

The small institution caters for around 200 students keen to make a career in the world of international politics and diplomacy.

The city is the ideal location for the University of Kent's School of International Studies due to its connection with many of the world's largest political organisations, such as the EU and NATO.

John Macgregor, dean of the school, said: "We have been here for ten years. It started off with a dozen students so it has had tremendous growth."

The courses run at the institution specialise in international relations and law, as well as many other topics. All the courses are aimed at post-graduate students.

Most of the students that attend the school come from overseas, with the majority coming from America and Canada.

Marty Gaal, 35, from Vancouver, said: "I had been living in Asia for six or seven years and needed to come back to do a PhD and I wanted to come to Europe. To find an English speaking university in Brussels met all my requirements."

"The course here has meant I have been able to make lots of contacts. I worked with the European Parliament and consultancy firm."

The MA courses generally run for one year and have expanded to include conflict analysis, international economics and migration studies.

The University of Kent has also announced it is setting up courses in humanities for postgraduate students in Paris.



CONTACTS: Marty Gaal

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Feast your eyes on foodforkent.co.uk

■ BY CHRIS BRITCHER

KOS Media – publisher of this newspaper and the award-winning Kent on Sunday – has this week launched a major new campaign for 2009 to help boost the county's economy.

Our Buy Local Produce campaign is spearheaded by the launch of www.foodforkent.co.uk a one-stop shop allowing you to order local online, and have it delivered to your door.

We have teamed up with a host of local suppliers to make choosing fresh vegetables, fruit, fish and meat a breeze.

What's more it's cheaper than you may expect and offers the



added benefit of every penny helping boost our local economy.

It forms a key part of our campaign which looks to raise awareness of shopping locally for delicious, locally produced, food and drink.

The campaign is being supported by Produced in Kent – the non-



profit organisation supported by both Kent County Council and Hadlow College – which promotes and assists local suppliers and products.

Doug Wanstall is one of the county's best known farmers. From his land in Aldington, near Ashford, he has developed a reputation as one



of the county's foremost suppliers – particularly in free range eggs.

He explained: "Look at France. They hardly know there's a recession there. They all drive French cars, holiday in France, eat French food, drink French wine. Its national economy supports itself.

"If we did that in Kent – if we visited the tourist attractions here, we buy local food, we drink local wine, in short, if we used all the services we have here, we, as a county could pull ourselves out of this recession quite quickly."

"I believe by supplying the likes of FoodforKent.co.uk we are helping redesign the food supply chain in Kent."

It follows hot on the heels of our Go Green – Read It Free On Screen campaign – which promoted online editions of our range of award-winning newspapers and supplements saving paper and making our free newspapers even better value.



Basket price comparison

Sample baskets contain: Granary bread, two pints milk, 4 x 150ml yogurts, 4 x Spitfire Beer (500ml), 500g Red Grapes, 1kg Gala apples, 1kg Conference pears, 4x oranges, 1x large mango, 1kg clementines, 2kg potatoes, 1kg onions, 1kg carrots, 1x Savoy cabbage, 1x red cabbage, 1kg broccoli, 500g purple sprouting, 1x cauliflower, 600g chicken thighs, 500g pork sausages, 250g back bacon, 500g braising steak. Date: 24 February 2009. Source mysupermarket.com. Closest match applied. Excludes Express and Metros. Excludes delivery charge. Red number indicates price difference.

So easy to order online

YOU can start shopping for delicious, fresh local produce right now; and it couldn't be simpler.

Visit www.foodforkent.co.uk and start browsing the hundreds of items we have available.

There are vegetable boxes and fruit selections, grown right here in the county. Fish, fresh from the sea, or beer and wine fresh from the chiller cabinet; the choice is yours.

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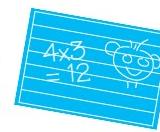
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Ofsted delight at Davington

■ BY NICK AMES

DAVINGTON Primary School has received 'good' ratings across the board from Ofsted inspectors.

And it will delight teachers and parents after the last inspection, three years ago, deemed the school just 'satisfactory'.

The school in Priory Row, Faversham, which has 414 pupils, was visited at the end of January and the report published recently.

It was graded two overall on the four-point scale used by the inspectors – with one being 'outstanding' and four being 'inadequate'.

Since the last inspection, Clive Dunn has become headteacher at the school after serving time as deputy.

In particular, inspectors were impressed with the progress of youngsters in reception.

The report said: "Davington is a good school. Since the last inspection it has made some significant improvements in important areas.

"Children join reception with skills generally below those typical for their age, especially in language and communication.

"They get off to a good start and, because of good teaching and leadership, they enter year one with standards that are just below average.

"Good teaching and learning and strong pastoral care underpin pupils' good personal development. As a result, pupils' achievement is good and previous underperformance has been eliminated. By the time they leave school, pupils reach average standards.

"The school's latest test results were the



best ever and results in English were above those nationally. The headteacher, senior management team and governors have a shared determination to build on this success. This determination, together with improvements in teaching and the curriculum, demonstrate a good capacity to continue the improving trend.

"Excellent partnerships and communications with all stakeholders, including staff, governors, pupils and parents, ensure that all are involved in the journey.

"Pupils' behaviour is good and sometimes exemplary. Above average attendance reflects their enjoyment of school. Academic care and guidance are good.

"Most parents are very supportive of the school. One comment typical of many was, Davington offers a well-rounded education – something for everyone, the bright, the sporty, the arty, the singers and dancers, children with special needs and all who want to have fun and learn'."

BREAK TIME

Goodness nose how fantastic you'll look

HAIR and beauty students will be offering customers a range of treatments at credit crunch-busting prices – with all the proceeds going to charity.

Students studying hair design and holistic therapies at MidKent College's Oakwood Park campus in Maidstone and City Way campus in Chatham hope to raise more than £500 by Red Nose Day, on Friday, March 13, for Comic Relief and Breast Cancer Care's Lavender Week.

During the next nine days, customers wanting to indulge in some pampering can visit either campus and choose from either a cut, blow-dry and colour treatment or a facial, manicure and pedicure for just £5.

All the profits will be shared equally between the two charities.

College director Jill Edwards said: "Our hair and beauty departments have a long tradition of raising money for charity, particularly Comic Relief.

"We normally perform rather a lot of sponsored back and leg waxing in the run-up to Red Nose Day, but this year we thought we'd open the fundraising up to all of our treatments, getting many more people involved and hopefully raising even more than we usually do."

All the treatments will be carried out by students under the careful guidance of experienced tutors.

Breast Cancer Care's Lavender Week started on Monday and runs until Sunday, and highlights the specific issues faced by young women who have been diagnosed



WAX LYRICAL: MidKent College student Natasha Cornhill gets into the Red Nose Day spirit

with breast cancer. Comic Relief raises funds for children in need of help throughout the UK and in Africa. To help the students meet their target call the Oakwood Park centre on 01622 691555 or the City Way centre on 01634 830644 to book an appointment.



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Why we must back off to let tragic Jade die with dignity

THE blanket media coverage given to Jade Goody's health in recent weeks has made nothing but disturbing reading.

Regardless of your views on Jade for misdemeanours gone by, the terrible tragedy of her terminal illness makes her deserving of nothing but our sympathy.

Her predicament and its coverage has sparked a rise in the number of women checking for cervical cancer and that can only be a good thing.

Yet the national tabloid media's desire to highlight Jade Goody's plight now appears to have morphed into a rather gruesome countdown to her death.

Without question, the former Big Brother contestant has made no effort to shield her life from the glare of the spotlight.

In fact, she courted it – and with good reason. After all, the media is prepared to pay for

access to such stories, and if the money is to go into a trust fund for the financial future of her sons, who would want to criticise a mother's natural instinct to protect her children once she is gone?

But there must come a point where someone's dignity at this stage of their life must be protected.

And if Jade – or, more to the point, her advisors – is unable to decide when that is, the media and, indeed, we as consumers of news, must make that decision.

There is a fine line between highlighting a story and simply taking advantage to become rather bizarre voyeurs. I suspect we are on the verge right now of overstepping that line.

We do not need to see this young woman actually die before our eyes. We do not need to photograph and record her every final moment.

This is a human tragedy and regardless of an unquenchable desire for fame and publicity, we, as a society, need to say enough is

enough. This is not through a desire to be protected against life's inevitable conclusion. Nor is it a desire to shield ourselves from the appalling sadness of seeing someone's life and soul slowly drip away; for it is not unusual.

It is a desire for dignity. A desire for Jade Goody not to end her life as so much of it has been conducted, as a puppet for other people's purposes, be that making money or selling magazines.

Jade is the epitome of modern-day celebrity. Catapulted into the national consciousness by an appearance on a reality TV show, her talent an apparent desire to reveal every part of herself in pursuit of fame and the perceived answers that brings. Yet she deserves, in her darkest hour, her dignity. And her children deserve that dignity, too.

EDITOR'S NOTE: All blogs are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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on the details above. If you want to be the next Swale blogger then all you have to do is submit an article to us (of around 550 words) and email it to the news editor. And don't forget, for all the latest news and video from your town log-on to www.yourswale.co.uk.

Write to The Editor, Yourswale, KoS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

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and whatever your individual style, you will be spoilt for choice with exclusive collections from our amazing Designers at Debenhams, including Rocha John Rocha, Star by Julien Macdonald and Betty Jackson Black.

Your little ones can also look as stylish as you this season. As we offer great value collections for kids aged 0-16 years in a variety of styles from exclusive Designers at Debenhams including Junior J by Jasper Conran, Rocha Little Rocha. For



the younger child St. George by Duffer offers embellished logo tees and hoodies for boys, and for the girls Butterly by Matthew Williamson presents pink floral dresses, white denim and rainbow bright accessories.

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yourletters

TALK TIME

KATE HOMERSHAM

Simon Langton Girls' Grammar's sport co-ordinator, in nearby Canterbury, is looking to encourage children to get more involved in sport



What do you do as the school sport co-ordinator?

My role is to raise participation rates of all children, aged five to 16, taking part in PE and school sport.

This involves working within Simon Langton Girls' Grammar School and primary schools, linking activities and festivals through the key stages.

Every secondary and primary in Canterbury is part of the school's sport co-ordinator programme which is funded by the Government to raise the profile of sport in this country.

Which schools do you work with?

Chartham, Bridge and Partrixbourne, Barham, and Nonington primaries, and the Orchard School.

All have a nominated link teacher responsible for PE. I meet with them to plan activities and support them in trying to involve as many children as possible.

How do you get children interested in sport?

I will take classes for curricular lessons and extracurricular clubs. I run junior play leaders awards in all the schools and arrange external coaches to run extra-curricular activities. Every year I organise a variety of events including cross country, High Fives netball tournament, a rounders tournament, a 'multi skills' festival, and I take assemblies.

What is the most rewarding part of your job?

Using Langton girls to assist in assemblies and plan and run activities. I do this whenever possible. Both the younger and older pupils benefit hugely from this and the interaction is superb.

YOUR LETTERS

Movie shows we were streets ahead in 1970s

Trapped by past or ahead of our time?

How interesting it was to read your story last week about how the town was once held up as blending the new with the old so effectively.

Yet we are hardly the most prosperous town on the map, are we? And although there are plenty of very nice parts of the town, there are plenty of not-so-nice bits too. So where, I wonder, does that leave us?

Perhaps we were a little bit too keen to embrace the past and not build for the future. Canterbury, on the other hand, has managed to retain its heritage while apparently continually pushing forward with developments in and around the city.

I'd be very interested if people believe Faversham has done it the right way, or if, somewhere down the line, we got it very badly wrong.

Mr H Hadlee, Faversham

Low and behold the Tory election trick

As always at this time of year, the Conservatives are claiming that they have kept council tax down, while making savings and



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five per cent. But, more importantly, they are keeping the council tax percentage rise low this year because there are county council elections in June. Even a casual glance at the Conservatives' record will show that in election years they come up with a low council tax increase and we pay for it the following year. They are also keeping council tax rises low this year by keeping staff pay down for the lowest paid (the people who actually provide the services to the public) while ignoring calls for a review of pay for those on six-figure salaries.

They could make savings by getting rid of pet projects such as Kent TV and HealthWatch, but have chosen not to. At the same time they are reducing funding to, for example, the already under-funded youth service.

All this while they have had above-inflation increases in grants from Government throughout this decade, as well as now enjoying the stability of knowing what those grants will be for three years at a time.

Cllr Mike Eddy, Labour group leader, Kent County Council

Rest in peace in an eco-friendly field of flowers

Wild burial plots are a great idea

What a beautiful idea to have eco-friendly burial plots in the area. I can think of few things

maintaining services. And they also claim they are doing that despite supposedly getting so little funding from central government. Their claims, as always, are spurious. The bulk of our council tax goes to Kent County

Council. The Conservatives who dominate KCC are imposing what they call the lowest ever recorded rise, 2.44 per cent.

They are doing this because they know that the Government will take action if they go above

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nicer than being laid to rest in a meadow surrounded by wild flowers and swaying trees.

Not to mention being surrounded by others of a like mind. I hope we see more of these sorts of sites put aside for this purpose.

V Jacobs, by email



Tasers are another tool in crime fight

In response to letters in your paper last week questioning the move to secure more tasers. Kent Police Authority has agreed to seek Home Office investment for more tasers. Chief Constable Michael Fuller has put forward an operational case to KPA members and we fully support the argument.

Mr Fuller and his team have the authority's full backing on this matter. We understand the legitimate public concern, but tasers are only deployed in strictly controlled circumstances.

Officers are given rigorous training and we know from our research that tasers contribute massively to

officer and public safety and most importantly are another tool that can be used to help defuse difficult and dangerous situations.

Mark Gilmartin, chief executive, Kent Police Authority

Picking up the tab

Blatcherites have taken advantage of the public by their dominance in politics. They have pinched and redistributed taxpayers' money into the most undeserving pockets.

Blatcherites get into power but are hopeless in government. Blair, Thatcher and their successors did little for England. Is that why they are so keen to meddle overseas? They have manipulated the honours system. They are complacent over fraud and maladministration. Their record is littered with broken promises, failed initiatives and policies that were impossible to deliver.

Ruined businesses mean misfortune for millions, but not for the perpetrators who brought the country down. We are paying for those who demand revenue but never give value for what they take, especially not their inflated salaries, unjust allowances and final salary pensions. It is not just bankers who have ruined the economy, but all are protecting themselves while we suffer for the consequences.

Financial abuse by institutions is too profitable. Creating honours and lords is too easy. What we have sacrificed is freedom and the truth. Is the public responsible for the inexorable tide of corruption and sleaze

that denies us a voice and choice?

R Grootendorst, by email

Rising diabetes rates

Experts warned this week that UK diabetes rates are soaring – and there is a strong link with the country's expanding waistline. This tallies with a new scientific report by health charity the Vegetarian and Vegan Foundation (VVF).

The report investigates the links between white meat consumption and health. White meat contains more than twice as much fat as it did in 1940, a third more calories and a third less protein. Meat – including white meat – is the one food most linked to weight gain around the waist.

A chicken carcass contains almost a pint of fat, and organic chickens aren't much better nutritionally. Despite having more space than factory-farmed chickens, they're on the same regime of high-energy feed, little exercise and breeding for rapid weight gain. There is also a clear link with diabetes.

Eating just one or more servings of meat (any type) per week significantly increases diabetes risk.

People eating a 'low-meat' diet for 17 years had a 74 per cent increased risk. For recipes using tasty, healthy, meat alternatives, call the VVF on 0117 970 5190, or visit the website www.vegetarian.org.uk.

**Amanda Woodvine,
Vegetarian and Vegan Foundation**



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COOL RIDER: Two days of free excitement are on offer as bikers compete for the Big Sky Beach title on the golden sands of Margate

On yer bike

Head down to the sands to watch the races as riders compete for the title

PREPARE for some high-octane action on the sands when the QRA Margate Big Sky Beach Cross Weekend gets under way.

Spectators are promised an even bigger and better event than ever before, with lots of attractions and thrilling racing to keep people entertained both days.

Racers will be battling for glory on the one-and-a-half-mile Moto Cross-style course, built with the help of Ovenden Plant Hire in the sands beneath the promenade. Spectators can enjoy excellent viewing of the action as they look down on the racers.

At the time of writing, the busy schedule of racing is due to start with a parade of riders making their way along the promenade to the beach at 9.30am on Saturday and again on Sunday, setting the wheels in motion for two days of exciting competition.

Practice begins at 10am, followed

QRA MARGATE BIG SKY BEACH CROSS WEEKEND

Saturday and Sunday, March 7-8
Margate Main Sands

ship have been working hard to create a fun weekend for all the family.

There will be trade stands for petrol-heads to indulge their passion and lots more off-beach entertainment. If the exhilarating racing leaves anyone in the mood for some adrenaline-fuelled thrills, there will be fairground rides to keep the screams and laughs coming.

Best of all, admission to the event is free. With no charge for spectators, the QRA Margate Big Sky Beach Cross is a recession-beating day out for all the family.

Since it began in 2007, the event has proved phenomenally popular with racing fans and attracted a lot of media interest.

With only riders and officials having access to the sands, every inch of the beach can be used to create an exciting and challenging course in a relatively small area.

For more details about timetables, the event's history and other helpful information, visit the website at www.margatebeachcross.com.

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BRIEF ENCOUNTER

Tuesday to Saturday, March 10-14
Marlowe Theatre, Canterbury

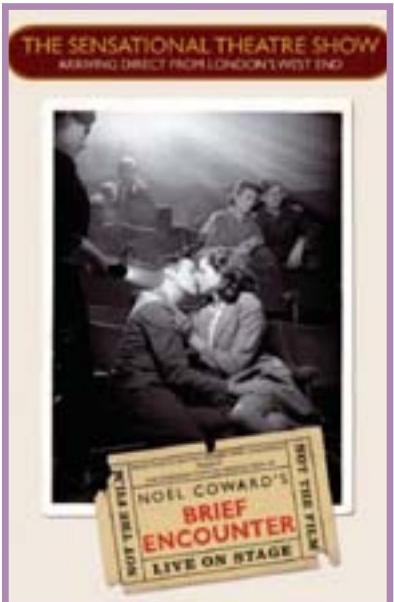
NOEL Coward's tale of stifled romance is brought to the stage in Brief Encounter.

Kneehigh Theatre Company has created a new version of the much-loved film, using film, music and words to recreate the poignant world of Milford Junction in which two people enjoy a brief and ultimately heartbreaking connection.

When housewife Laura encounters married doctor Alec in a railway station's waiting room, it is the beginning of a friendship that will blossom into a passionate love affair. But the couple's romance is suffocated by guilt and eventually they face up to their future.

The 1945 film was adapted by Coward from his one-act play, Still Life. Directed by David Lean, it starred Celia Johnson and Trevor Howard and is considered one of the greatest love stories of all time.

Brief Encounter will be the last week-long show at the Marlowe before it closes for refurbishment. Tickets are priced from £12.50 to £23.50. To book call 01227 787787 or visit www.marlowetheatre.com.

**DR PHIL HAMMOND**

Saturday, March 7
Gulbenkian Theatre,
Canterbury

LAUGHTER is certainly the best medicine when prescribed by the irreverent Dr Phil Hammond.

Having been a doctor and whistle-blower for 20 years, Hammond has exposed a lot of scandals in the medical profession and annoyed quite a few of his fellow practitioners. In his latest show, Trust Me, I'm (Still) A Doctor, Hammond takes a look at his career to date and ponders his possible future as a patient.

Having presented five series of BBC 2's Trust Me, I'm A Doctor, Hammond has exposed a number of variations in care standards across the NHS. He has written satirical magazine Private Eye's medical column since 1992 and broke



the story of the Bristol babies' hearts scandal.

An accomplished comedian, he presents his own show on BBC Radio Bristol and also fronts The Music Room on BBC Radio 4. As one half of Struck Off And Die, he enjoyed five sold-out shows

Edinburgh Fringe Festival and returned with his own show, 59 Minutes To Save The NHS, in 2002.

The show starts at 7.45pm and tickets cost £14.70. To book call 01227 769075 or visit www.gulbenkiantheatre.co.uk.

**ATTACK! ATTACK!**

Friday, March 6
Westcoast Bar & Venue, Margate

FANS of power punk-rock should not miss the chance to see Attack! Attack! in action this week.

The up-and-coming band from Caerphilly are rising stars on the UK music scene and have become favourites of rock magazine Kerrang!. They have toured with other acclaimed Welsh bands such

as The Blackout, Funeral For A Friend and Lostprophets, as well as English pop-punk band You Me At Six, and they appeared at numerous festivals last year.

Attack! Attack! will close their current co-headline UK tour alongside Tonight Is Goodbye with this headline gig in Margate, before they head off to play a Kerrang! festival in Texas.

Kent ska-punk band Tyrannosaurus Alan will be opening the show and the

entertainment continues with Eleven:Eleven, a Thame-based catchy rock band that has toured with the likes of Elliot Minor. Main support is supplied by The Skints, who are renowned for their excellent live shows. Soon they will be joining big name in American ska, The Slackers, on tour.

The show is for over-14s and tickets cost £8 from 07530 795612, streetvoiceuk@yahoo.co.uk or visit www.wegottickets.com.

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SWALE LEISURE**Brass band play to help raise funds for charity**

FAVERSHAM Mission Brass will give a concert for charity on Thursday night.

The band is performing in aid of the Fynvola Foundation for adults with learning disabilities.

The concert will be held at the Alexander Centre in Preston Street, starting at 7.30pm. Tickets cost £4/£3.50. Find out more about the band at www.favershammissionbrass.btik.net.

Sit and listen or join in the singing at folk club

FOLK fans are invited to join in a singers' night at Faversham Folk Club.

On Wednesday, March 11, anyone can join in with the songs or simply listen to the entertainment at the Chimney Boy in Preston Street. The fun starts at 8.30pm and admission costs £1.

For details call 01795 423674. Information about upcoming concerts is at www.favershamfolkclub.net.

Help conservation take flight by raising funds

YOUNG people are asked to raise funds to help protect the Sumatran rainforest.

The Indonesian Government has given the RSPB and partners Burung Indonesia and BirdLife International a 100-year lease to look after part of the rainforest. Now the RSPB is asking children to get involved by raising money through sponsored activities. For details visit www.rspb.org.uk/youth.

Tell our readers about your planned events

WOULD you like to see your concert, production or event on these pages?

Send details – including dates, times, ticket prices and how to book – to jane.connolly@kosmedia.co.uk or by post to the address on page 2, at least two weeks before preferred date of publication.

If possible, include a good photograph. We cannot guarantee coverage, but we will do our best to promote local events.

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yourstyle



BEFORE AND AFTER: (Inset) Reporter Erica Jones when she arrived at the Saks Hair and Beauty salon; and (main) after her pampering session which included foot massage, facial, head massage and haircut



Pure Saks appeal

THERE are worst ways to spend my morning than meeting Emily and being carefully guided through an array of potential beauty treatments.

After a 'lifestyle consultation' – which involved discussing my bad eating habits, 'beauty regime' and problem areas (dark circles under tired eyes) Emily recommended the rather exhilarating sounding anti-ageing visible brilliance facial. It would, she explained, help my eyes whilst also doing lots of lovely things to rejuvenate and tone the skin. Who was I to complain?

Now, call me naïve, but I always thought a facial was, well, face-centric... yet before anything touched my cheeks, I was treated to a quite remarkable foot massage.

If ever there is a way to get someone relaxed, this is it. It was a hot lime foot cleanse, and my tired, abused feet were very grateful for the attention. I was almost sorry when Emily stopped to begin the work proper.

The facial itself used the popular range of Elemis products, a British brand which, it claims, can 'awaken the senses' while making you look and feel like a million dollars.

It involved a variety of beautiful smelling creams, before a cool, but strangely pleasant, facemask was smoothed over my face. Whilst this was left to set, my head was massaged, before the mask was gently peeled from my face, taking all the dead skin away with it. A second mask was applied to nourish the new



fresh-er skin with nutrients and vitamins to leave me with a refreshed glow to my complexion. The treatment was complimented with a hand and arm massage to give time for all that goodness to soak in.

By the time it was over I was impressed to notice a real healthier glow to my skin – especially my troublesome eyes.

Regardless of that, however, the experience was worth every penny (treatments cost £59-£65) just for the inner peace and calm it brought me.

The hair salon

As someone who's used to simply asking for her split ends to be tidied up I found it a novel experience to have a full consultation with careful questions regarding my own hair care regime before we even began talking about the cut.

Like most, I'm reliant on my straighteners,

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This year Saks Hair & Beauty celebrates 35 years in business. We sent reporter **Erica Jones** to discover the secret to its success and endure several hours of pampering all in the name of investigative reporting.



TOTAL RELAXATION: Elemis products were used for Erica's facial and left her skin with a noticeable healthier glow, especially around her "troublesome" eyes

and manageress Sam highlighted the importance of treating my heat-damaged locks with TLC and recommended my session began with a professional Kerastase instant ritual mask (£6) to help revive the hair. This was applied whilst I was having my hair washed (with added bonus of a head massage thrown in). We also discussed what I wanted from my haircut (£37-£45). Not ready for anything too different, I asked for a bit of a tidy up. My hair can suffer sometimes from being a bit uncontrollable, and Sam was able to suggest layers would help tame it – a move which has proven to be beneficial and my

hair is much easier to style. During all the snipping we further discussed my hair care regime, with Sam providing me with tips for nurturing my hair through the winter months. Not only are intensive cleaning products (she recommended the L'Oréal professional range) and a good heat protector spray a necessity, but it turns out washing my hair daily is a little too much, a welcome thought when it means I can have an extra five minutes in bed in the morning.

I can also confidently add that as I write five days later my hair, rather remarkably, still feels as soft as when I left the salon, so that mask really did do the trick.

SAKS has two salons in Kent, both offering a range of treatments and staffed by experienced beauty teams. From facials to waxing, hair removal to hair extensions, they have treatments to suit most budgets.

Our reporter visited the Maidstone branch, which is part of the David Lloyd Fitness complex in Lockmeadow. The other branch is in Kings Hill.

Saks Hair & Beauty, David Lloyd Fitness, Barker Road, Maidstone, ME16 8RG. www.saks.co.uk To book an appointment call 01622 663233. Or Kings Hill Avenue, West Malling, Kings Hill, ME19 4UA. Tel: 01732 843 445.

SWALE SHOPPING

Afternoon tea at the hotel sounds traditional

WHY not take the weight off your feet while shopping with a spot of afternoon tea at Canterbury's Falstaff Hotel?

The Monthly Traditional Afternoon Tea Service takes place with special musical guests one Wednesday a month. Guests include pianists, harpists and cocktail guitarists. They take place on March 25, April 22, May 20 and June 24. They run from 2.30pm to 5.30pm.

Cost is £11 per person. Call 0844 8559107 to reserve a place.

Sniff out a Red Nose Day cookie at Subway

HELP to raise some dough for Comic Relief by buying a tasty Red Nose Day cookie from Subway.

The sandwich chain is stocking the limited edition cookies in the run-up to Red Nose Day on Friday, March 13. Each freshly baked biscuit comes with its own cute red nose and are available in packs of three, priced from £1.20. For each pack sold, 5p will be donated to Comic Relief.

To find your nearest Subway store visit the website at www.subway.co.uk.

Men, it's time for some Olympic style shopping

MEN can support Fairtrade Fortnight by buying their spring attire from the FiveG collection at Debenhams.

The range has been designed by Olympic gold medallist Sir Steve Redgrave and created using Fairtrade cotton. Shoppers can show their support for the fortnight, which finishes on Sunday, by making purchases from the collection.

View the range in stores or online at www.debenhams.com.

For peat's sake give the environment a thought

B&Q is helping to make gardens greener and more sustainable by banishing 100 per cent peat bales from its stores.

Peat takes thousands of years to form and now 90 per cent of peat bogs in the UK have been destroyed. With the support of award-winning garden designer and TV presenter Chris Beardshaw, the company has discontinued 100 per cent peat bales. Peat alternatives are available at B&Q. To find out more about B&Q's peat initiatives visit www.diy.com.

Body Shop deal will put a rose in your cheeks

THE Body Shop has launched its new Roseflower make-up collection and is offering customers a free gift when they spend more than £25.

The new refreshing collection is inspired by the modern day romance of a rose and uses pink, gold and baby blue tones to create the look. When shoppers spend more than £25 on any products in store or online they will receive a free beauty bag filled with spring's must-haves.

See in store or www.thebodyshop.co.uk.

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Escape to the coast of tranquillity

■ BY CHRIS BRITCHER

IT would be easy in this day and age to write Cornwall off as something of a victim of its own success.

It is, after all, hugely popular courtesy of warm Atlantic air and some dramatic, craggy coastlines.

But it has something of an image problem; of being awash with surfers hurtling around in Scooby Doo-style camper vans and its housing stock being snapped up by the second-home brigade. It has given fuel to its critics who say its magic is diluted by a torrent of newcomers.

Yet while in the summer the narrow streets winding down to picture-postcard fishing villages set amid ragged rocks and bathed by turquoise waters become a mass of hot metal as cars compete for a slice of tarmac, off-season it retains a charm which is quite unique.

And, despite its fame, it has enough nooks and crannies in which it remains possible to escape from the hustle and bustle of everyday life. Take The Lugger Hotel. A weak-armed child's stone's throw from the water's edge, the 17th century inn has long been entertaining visitors. It will come as little surprise it was once a smuggler's cove – hidden as it is in a bay surrounded by steep cliffs.

It nestles at the very foot of tiny Portloe on the Roseland Peninsula in Truro, 12 miles from St Austell. Its white-washed walls gleam against the lobster pots and boats which fisherman use to land their catch just yards from the kitchen door. It feels so remote. You can't even get a mobile phone reception here; which in this day and age is praise indeed.

And it delivers a slice of style and luxury without any of the pomp and ceremony which can make some hotels almost intimidating.



RETREAT: The Lugger Hotel, right, is found at the water's edge in a beautiful, secluded, Cornish cove

Our room, in a converted boathouse a 30-second stroll from the main hotel building, was a mass of spotless creams and whites – the linen deep and rich, the décor perfect for the spectacular setting outside your window.

This is a walker's paradise. Coastal routes wind their way up the cliff sides, providing perfect views across the deep blue waters and breathtaking scenery. The town itself, however, offers little other than unspoilt charm.

Remarkably, locals estimate about 70 per cent of the pretty cottages in Portloe are second homes. An evening stroll to the Ship Inn nearby is done in almost complete darkness and silence as darkened homes line the five-minute route. It's a little eerie, and rather sad if truth be told.

The small shops which have long since closed their shutters for the final time have stopped being the heartbeat of this pretty village. Now The Lugger fulfils that role;

expanding into nearby properties to offer a varied range of accommodation.

Strapping on your walking boots for a stroll is the ideal way in which to build up an appetite for a meal in the low-ceiling, wooden-beamed restaurant. It is truly a gourmet delight. The daily changing menu boasts fresh caught fish and seasonal vegetables that almost throb with taste and freshness.

There's even a growing range of spa treatments on offer for the guest wanting to indulge in the ultimate in relaxation. An hour being pampered amid the candles and music before taking in the clean, crisp air outside is very much the icing on the top of a quite wonderful, self-indulgent cake.

What's more, with the Eden Project just 40 minutes drive away and miles and miles of coastline to explore, Cornwall may just need to go back on the must-visit map. And The Lugger should be the must-book hotel.

Pictures: CHRIS BRITCHER



Travel details

Chris Britcher was a guest of The Lugger Hotel. He stayed in a deluxe room with sea views and a daily rate of £250 for double occupancy and inclusive of breakfast, three-course dinner, and VAT. Special weekend break rates are available, as are three night midweek rates.

The Elemis range of spa treatments start at £40 and include special treatments for men and women.

For details of the hotel and full details of costs see www.luggerhotel.com or call 01872 501322.



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The image shows three separate web browser windows displaying the yourkenttv.co.uk website. The top window shows a video player with a thumbnail of a person in a green field. The middle window shows a news article titled 'Arts & Leisure' with a thumbnail of a person in a room. The bottom window shows a news article titled 'Business' with a thumbnail of a person in an office. The website has a navigation bar at the top with links like 'Local TV', 'Business', 'Arts & Leisure', 'Sports', 'Motors', 'Leisure', and 'Events'. There are also sections for 'Community', 'Weather', and 'Local Businesses'.



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YOUR TV REVIEW

■ BY TOM BETTS

- FRIDAY NIGHT WITH JONATHAN ROSS**
BBC One, 10.35pm, Friday
- AL MURRAY'S MULTIPLE PERSONALITY DISORDER**
ITV1, 9.30pm, Friday

THE controversy surrounding Jonathan Ross and Russell Brand last year was only ever going to do one thing – increase interest in both personalities and their subsequent projects.

While the furore claimed Brand's radio job, the more established star managed to get off with a suspension and keep his multi-million pound contract.

The return of his late-night talk show, which is by far Britain's most popular, was eagerly anticipated.

Many wondered if the host would be able to continue with his risqué humour and close-to-the-bone interview style, which has proved so successful, or whether he would tone down matters.

Perhaps it was a question that was always going to be a non-starter, because Ross really does know only one style, which I'm sure will please his legion of fans.

What has been a welcome change though is that his maddening habit of constantly talking about himself has dropped away somewhat.

During the last series, and the many that have gone before, it had become a show about the man himself rather than the guests.

Almost every conversation inevitably ended up being about Ross rather than who was sitting beside him, no matter how big the star.

With all the fuss now dying down, the show seems to have benefitted from the break and a more humble,



TALKING IT UP: Ross has toned down his chat show antics after finding himself in hot water

slightly less self-obsessed Ross is actually a much better interviewer.

And, after all, that is what a chat show is supposed to be all about.

So if the cloying banter had led you to switch off before, the show is worth revisiting for a second look.

I can't say that Al Murray's the Pub Landlord character ever really split my sides.

Mildly amusing maybe, but not the genius comic creation that some would have you believe.

Murray has scored his own sketch show on the back of the continued success of the pint-pulling xenophobic anti-hero though, and it started last week with a patchy affair that showed both dashes of promise and disappointment.

As a Perrier Award-winner Murray can count the likes of Steve Coogan and Lee Evans among his peers, but it will be interesting to see if he can throw off the shackles of his best-known character, show he is more than just a one-trick pony and pull off a more varied endeavour.

YOUR WEEK'S HOROSCOPE

BY RUSSELL GRANT



AQUARIUS (Jan 21-Feb 19)

DON'T be surprised if romantic sparks fly between you and someone you meet over the next few days; they're attracted by your unusual outlook on life. If you're already in a relationship, your partner will see a pleasant change in the way you act think and love.

- To find out more about what the stars have in store call Russell on **Aquarius** 09067-531762

TAURUS (Apr 21-May 21)

LOOKING back on a difficult relationship puts your current situation in perspective. You're starting to see a trend. By avoiding the sort of people who have made your life miserable, you'll reach the lifestyle you've always desired. It's important to steer clear of martyrs.

- To find out more about what the stars have in store call Russell on **Taurus** 09067-531753

LEO (Jul 24-Aug 23)

RECONSIDER the values you have held dear for the past few years. It's possible they are no longer practical or realistic. Be ready to explore different points of view. Going back to the religious and cultural practices of your ancestors could throw a light on your views and values.

- To find out more about what the stars have in store call Russell on **Leo** 09067-531756

SCORPIO (Oct 24-Nov 22)

YOU have a rare opportunity to go back and correct some old mistakes. A female employer may be very impressed with your work. Don't be surprised if she offers you a good job. It's also possible that an old boss will ask you to come back into the fold.

- To find out more about what the stars have in store call Russell on **Scorpio** 09067-531759

PISCES (Feb 20-Mar 20)

MONEY that was owed to you some time ago could finally be repaid. Use it to get something you've always wanted, but didn't dare buy. You're long overdue for some luxurious treat that you don't necessarily need, but desperately want. If you're stumped for ideas, ask a loved one.

- To find out more about what the stars have in store call Russell on **Pisces** 09067-531763

GEMINI (May 22-Jun 22)

GETTING back in touch with an old group of friends will be lots of fun. These people will remind you of a time when you had much bigger dreams. Maybe this is a sign you need to champion some of those goals anew. You're not the type who can rest on their laurels.

- To find out more about what the stars have in store call Russell on **Gemini** 09067-531754

VIRGO (Aug 24-Sep 23)

IT'S a good time to look at your finances and think about your future, especially if you're in a relationship. You need a nest egg to feel safe. Given this need, it's wise to open an account in just your name. You can still contribute to a joint fund, but having your money own is important.

- To find out more about what the stars have in store call Russell on **Virgo** 09067-531757

SAGITTARIUS (Nov 23-Dec 21)

TAKING up a creative project you left ages ago is a wonderful idea. You hate leaving things unfinished. Getting back into the habit of writing, painting, or playing music will awaken something deep inside you. You can't afford to let this side of yourself grow stale.

- To find out more about what the stars have in store call Russell on **Sagittarius** 09067-531760

ARIES (Mar 21-Apr 20)

YOU can get back to your fighting weight, it's just a matter of discipline. Post an attractive photo of yourself in a prominent spot. Every time you catch sight of this image, you'll be reminded of your goal. Arrange to give yourself a small reward each time you reach a target.

- To find out more about what the stars have in store call Russell on **Aries** 09067-531752

CANCER (Jun 23-Jul 23)

YOUR boss may review your job description so don't be surprised if you are presented with a whole new set of responsibilities. They might not involve much creativity or imagination. Perhaps this is a sign you need to move on to greener pastures.

- To find out more about what the stars have in store call Russell on **Cancer** 09067-531755

LIBRA (Sep 24-Oct 23)

SOMEONE from the past could make a comeback into your life. Work out whether this will be good for you. After all, you've made tremendous progress since you parted company with them. You must admit, you have a tendency to put your needs aside for the sake of others.

- To find out more about what the stars have in store call Russell on **Libra** 09067-531758

CAPRICORN (Dec 22-Jan 20)

GOING through photo albums and mementoes will bring back some great memories. You have the opportunity to forge the life you always deserved and desired. Get into the habit of treating yourself to things you missed out on when you were younger. Make up for lost time.

- To find out more about what the stars have in store call Russell on **Capricorn** 09067-531761

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THE INTERNATIONAL (15)



Clive Owen stars as Interpol agent Louis Salinger who, together with Assistant District Attorney Eleanor Whitman, sets out to bring the world's most powerful bank to justice.

FRIDAY THE 13TH (18)



A lone traveller heads to the woods in search of his missing sister. There he hooks up with a group of college kids planning on a weekend of partying. But their fun soon turns into a nightmare.

Isla's shopped around for her first leading lady role

■ BY SHEREEN LOW

SHE may play a shopaholic in her latest film, but Isla Fisher says her real life doesn't imitate her art.

"I don't really enjoy shopping, I have to be honest. There's always so many people in the store, and so many choices," she says.

"More often than not, because I'm often shopping out of necessity, rather than it being a fun way to spend the afternoon, it's just me with a mission – in and out, and pick out whatever it is that I need."

The 33-year-old mother of one says she has little in common with her new character, fashion addict Rebecca Bloomwood in Confessions Of A Shopaholic, adapted from Sophie Kinsella's chick-lit bestseller.

In fact, you're more likely to catch Isla flashing the credit card for culinary gadgets than for the latest wardrobe must-have.

"I do like bags and shoes, but I'm a bookaholic at the moment, especially cookbooks," she says, grinning. "I seem to always be collecting cookbooks. It's wish fulfilment."

Just like die-hard shoppers who sometimes keep unworn purchases with their tags intact, the Australian actress finds herself in the same situation with cookbooks.

"I'm embarrassed to admit, there are a couple that haven't been opened. I buy Asian cookbooks and it's hard to find the ingredients – that's my excuse. I'm just lazy," she adds.

Confessions Of A Shopaholic marks the former Home And Away star's first major starring role on the big screen, although she has previously wowed audiences in Wedding Crashers, Horton Hears A Who and Hot Rod.

"I've been acting for a really long time and I felt, finally! I was as prepared as I could be,"



HOME AND AWAY: Isla Fisher's career has transformed

she says. "I knew I was responsible for the tone of the movie in a way I hadn't been as a supporting cast member."

"I knew the character was very beloved and I didn't want to disappoint the readers, but as nerve-wracking as it was, once I got going and started shooting the movie, I was so physically exhausted – I was breast-feeding every three hours – and trying to juggle every-

VIEW THIS PREVIEW

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thing that it just became about endurance."

Isla, who is engaged to British comedian Sacha Baron Cohen, gave birth to baby Olive in October 2007. She admits her fiancé is responsible for getting her the parts that have shaped her career.

"He got me into comedy. I was auditioning for dramatic roles and not having much success, and he said to me 'You're really funny, you should do comedy'. It was those words that inspired me," she recalls.

Isla has a dream to collaborate with her husband-to-be: "I would love to work with Sacha. I think he's the funniest man in the world. It'll be amazing. But not right now. At the moment I'm not working and I don't feel like working. I'm really lucky to be in a position that I am."

CONFESIONS OF A SHOPAHOLIC 
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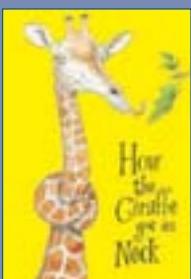
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PROPERTY NEWS

Wide-ranging market study gets under way

THE Office of Fair Trading has launched its market study into home buying and selling, following two months of discussion with interested parties on its scope.

The study will take a comprehensive look at the market for home buying and selling services. It will consider:

- Competition on price and quality between service providers, principally estate agents.
- Prospects for entry by new business models, including internet-based.
- Whether the regulatory framework provides the right balance between protecting consumers and ensuring the market remains open to competition and innovation.
- Relationships between estate agents and other service providers such as mortgage brokers, surveyors, solicitors and other professional advisors.

The study will cover the UK, while recognising the significant differences in how the market works in Scotland.

Heather Clayton, senior director of infrastructure, said: "We need to ensure consumers receive a good service when buying or selling a home, from a market that is competitive, innovative and well-functioning. We have had constructive discussions with interested parties and are starting the study with a clear understanding of the key issues."

The OFT intends to complete the study before the end of 2009. For more details, visit www.oft.gov.uk/homes.

Average house price falls £28k in a year

THE average house price is now £156,753, down almost £28,000 on January 2008. This represents an annual decrease of 15.1 per cent.

In London, the average price fell 14.1 per cent annually to £306,183.

It is the 17th month in a row where the annual rate of change has fallen, in contrast with 21 months of uninterrupted increases in the average annual rate of change between December 2005 and August 2007.

The most up-to-date figures available show that during November 2008 the number of completed house sales fell by 67 per cent to 33,404 from 100,730 in November 2007.

In London only 3,504 house sales were completed in November 2008 compared with 12,719 in November 2007 – a fall of 72 per cent. For more information and to view the latest statistics, visit www.lan-dregistry.gov.uk/houseprices/



Agents confirm growing first-time buyer activity



OPEN DOOR: Falling prices are enticing first time-buyers after years of being unable to get a foothold on the property ladder, but the banking crisis is hindering recovery

FIRST-time buyers are edging out of their shells and tentatively beginning to venture into the offices of estate agents.

They are the key to any property recovery. If first-time buyers are not buying, chains simply can't develop, let alone be completed.

But now the National Association of Estate Agents is reporting many of its members are seeing more first timers.

All that needs to happen now is for the banks to lose their Scrooge image.

Prime Minister Gordon Brown has said he wants to see the end of 100 per cent mortgages, which will make life even harder for first-time buyers, who will have to show their deposit funds have not been borrowed and are pure savings.

Mr Brown has also been told stamp duty should be scrapped for all but the most expen-

■ BY CHRIS MURPHY

sive properties to ease the burden on new buyers.

And Northern Rock, virtually nationalised this time last year, has announced it will be lending up to £14 billion over the next two years – more welcome news for the market in general.

Peter Bolton King, chief executive of the estate agents' association, said: "Our figures show there is huge demand for property from first-time buyers, who are increasingly visiting estate agents, registering their interest and searching for property.

"These figures demonstrate they are being frustrated at the final hurdle because lenders are not making mortgages available.

"First-time buyers are crucial, not only to the housing market, but the entire economy. More must be done to help them."

And John Oakley, the chairman of the association's east Kent branch, said he too was seeing the start of some sort of recovery.

He said: "Locally there is a marked increase in first-time buyers registering with our member firms.

"With the reduction in house prices, they perceive now is a good time to get on the housing ladder.

"Houses are now affordable, but first-time buyers are being frustrated by the difficulties in getting a mortgage, with lenders looking for ever larger deposits.

"If the first-time buyers are not helped and encouraged to take that first step, the rest of the market cannot get moving. Banks and building societies must stop putting obstacles in the way and start to release funds.

"The housing market is one of the main drivers of the economy and when houses start selling it has a positive knock-on effect to many other sections of the community."

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Barton Hill Drive £162,995

2 bed semi det house. ORP to front. D/glazed windows and GFCH system.

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George Walk OIEO £160,000

3 beds, 2 receps, gge and driveway, grd floor cloak, en-suite, under NHBC.

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Marian Avenue OIEO £155,000

3 Bed 1930s semi det, gge and wshop. Minster location, No onward chain.

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Victoria Road £150,000

Victorian 4 Bed End of Terr House, 2 Receps, GCH, D/Glazing, Cottage Garden

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Station Road OIEO £140,000

3 bed terrace with original features. 2 recep, d/glazing gfch, rear garden.

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Chalkwell Road OIEO £140,000

4 bed terrace, 2 receps, kitchen/breakfast room, 60' rear garden.

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Dunedin Close OIEO £140,000

2 bedroom semi detached bungalow, gch, gardens and garage, no chain.

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Peel Drive £139,995

Mid terrace with lounge, kit, cloak, 3 beds and bathroom. Garage, garden, ORP

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Falcon Gardens £129,995

Semi Det 2 Bed with Loft Room. ORP. Popular Location. Viewings Recommended.

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Admirals Walk £125,000

2 bed semi detached bungalow. Halfway location. Garage. No Chain!

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Sunnybank £124,995

2 bed house, 2 receptions, bathroom, allocated parking for two vehicles

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Bucklers Close OIEO £120,000

Three bedrooms, kitchen/diner, garage en block, central heating, no chain.

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First Avenue OIEO £120,000

3 bed semi det house. Conserv. Gge and off street parking. No chain.

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Burnup Bank £114,995

3 bed extended terrace located under 1 miles from the town.

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Melody Close OIEO £110,000

3 Beds. Warden Bay Location. No Onward Chain. Viewing Recommended.

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Alma Road OIEO £105,000

3 Bed Terrace. 2 Receptions. Part D/Glazing & Central Heating. No chain

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Borden Lane OIEO £105,000

2 Bed Cottage, Lounge Diner, 60' Rear Garden Approx.

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Wykeham Road £94,950

Terrace town 3 bedroom house, kit/diner, lounge, Gge and ORP. No forward chain.

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Tonge Road £90,000

3 bed mid terrace with lounge/diner. GCH, d/glazing, gardens.

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Bluehouses £89,950

Two bedroom terraced cottage, gas central heating, double glazing, no chain

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 - Lounge
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- Forms Part Of The Old Dairy

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- Kitchen

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MINSTER ON SEA

£199,000

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- Popular Location • No Chain

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- Kitchen/Breakfast Room

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- Dining Room
- Kitchen • Bathroom
- Garden

MINSTER ON SEA

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- Bathroom
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Glenbrook Grove



£99,995

Three bedroom house, conservatory, double glazing, central heating, approximately 65 rear garden.

Gladstone Drive



£130,000

A two bedroom house, central heating, double glazing, garage en block. Cul de sac location facing small green.

Albany Road



£195,000

4 bedroom Home, comprising lounge, dining room, kitchen, utility, cellar. Upstairs 3 bedrooms plus attic room.

Monarch Drive



£200,000

3 bed home, kitchen/diner, lounge, cloakroom, ensuite, landscaped rear garden, driveway and garage.

Mallard Crescent



£205,000

Four bedroom house, overlooking a green. Ensuite, downstairs cloakroom, utility room. Excellent condition.

Doubleday Drive



£215,000

3 bed semi detached house in Bapchild. cloakroom. Fitted wardrobes. Garage & Drive. No chain.

Moonstone Square



£219,995

4 bed Town house benefiting from ensuite, cloakroom, utility room, lounge, dining room, kitchen/breakfast room.

Curlew Avenue



£224,995

3 bed link detached house. Lounge/dining room, study, conservatory. En-suite, downstairs cloakroom.

Park Avenue



£320,000

Extended 5 bedroom detached house. Versatile accommodation. Established garden, driveway and garage.

Maylam Gardens



£364,995

4 bed detached house. Three reception rooms, kitchen, separate utility room, garage, driveway and garden.

MOTORS NEWS



New car gives Insight into a hybrid future

HONDA opens a new front in the hybrid war in April with the all-new Insight, billed as a Ford Focus class hybrid at a conventional price.

The Insight (from £15,490) undercuts the rival Toyota Prius significantly and attacks up-spec or 'eco' versions of the Ford Focus and VW Golf.

Honda says experience has shown where savings can be cut yet the car is generously equipped, qualifies for the lowest company car Benefit in Kind bracket and caters for buyers' desire to 'go green'.



Mitsi's Ralliart 'pocket rocket' all ready to fly

MITSUBISHI has had another crack at creating a cut-price 'pocket rocket' – a hot hatch version of its heavily revamped Colt supermini.

The new Ralliart (from £12,049) features the 'Jet Fighter' nose from the new Mitsubishi Lancer and is also available as a five-door (£12,549) as well as a three.

But it is on the road where advantages show over the old model; the 147bhp 1.5-litre turbocharged Ralliart's revised chassis and steering is far superior.

It just needs more 'hot hatch' branding.



Seat's 'back to black' offer is pretty special

COLOUR always plays a big part in marketing for Seat.

Having made red, yellow and white popular again for performance models, the Spanish marque is championing black with the Ibiza Black special based on the five-door 1.4 Sport variant, including air con and electric windows all round.

Extras include unique front and rear bumpers, side skirts, tailgate roof spoiler, and black metallic paint – all for £12,345 and featuring a lively 83bhp 1.4-litre petrol engine with five-speed manual gearbox.



ZOOM-ZOOM IMAGE: The latest Mazda2 has learned an important lesson from its Mark I predecessor by staying away from MPV styling and being sleeker and more aerodynamic

Mazda2 Mark II standing out from supermini crowd

ROAD TEST MAZDA2

■ BY STEVE LOADER

STAR QUALITY

Driving appeal

★★★★★

Image

★★★★★

Space

★★★★★

Value

★★★★★

Running costs

★★★★★

Reliability

★★★★★

Green rating

★★★★★

extra power of the 85bhp TS2 model without going the whole way to the 102bhp 1.5-litre petrol Sport (£11,799).

The 1.5 is lively alright, but does not bring much more to the party in return for costing £2,000 more than our favourite.

One thing all versions have in common though is their eco-friendliness – the Mazda2 is much lighter than its predecessor and most rivals, which means lower emissions and better fuel consumption.

The Mazda is well-equipped as standard: electric front windows, driver seat height adjustment, MP3 compatible CD radio with auxiliary jack and electric door mirrors.

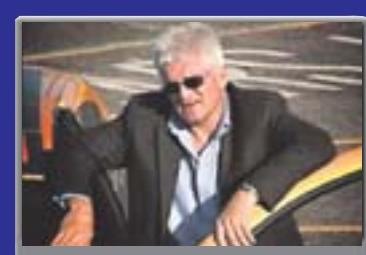
The interior is also spacious and airy due to a relatively long wheelbase and low window line, while the dashboard is smart and well-arranged, with the high-mounted gearshift falling nicely to hand for a sporty drive.

The seats are comfortable for this class too, though Mazda has cut some corners with the quality and feel of cabin materials, while extra interior space, comfort and style may have been bought at the expense of the boot, 250 litres being shy of the 285-ish benchmark set by top-selling rivals.



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VAUXHALL

Official Government Test Environmental Data - Fuel Consumption Figures mpg (litres/100km): Corsa range: urban 26.9 (10.5) - 49.6 (5.7), extra-urban 44.1 (6.4) - 74.3 (3.8), combined 35.8 (7.9) - 62.8 (4.5). CO₂ Emissions 119 - 190g/km.

Model shown has optional 17-inch alloy wheels available at extra cost. Up to 74.3mpg figure refers to extra-urban cycle on the Corsa 1.3CDTi (75 PS). £35 refers to annual road tax cost on Corsa 1.3CDTi (75PS) models. No deposit 0% finance available on selected Corsa models. Finance by GMAC UK plc. applicants must be aged 18 or over. Finance offer available at participating retailers only. Offers may not apply to all retailer stocks. UK supplied vehicles only. A guarantee and/or indemnity may be required. Recycling Allowance offer is available on selected engines and applies to the trade in and agreement to dispose of one vehicle only. To qualify for this offer, a customer must purchase one of the eligible models, trade in a vehicle and agree to dispose of the vehicle. The trade in vehicle must have been registered in the name of the customer prior to 30.06.08. Vehicle must be able to be driven on the highway. The customer must supply a vehicle registration document (V5C) and a valid MOT certificate to the retailer for the trade in vehicle. Vauxhall will ensure the vehicle is disposed of under the end of life vehicle directive and a certificate of destruction will be held by the retailer. If the customer agrees to dispose of the vehicle a total of £1000 (inc. VAT) will be paid towards the purchase of a new eligible model irrespective of the current market value of their vehicle. For more details on this offer and the eligible models go to www.offers.vauxhall.co.uk or visit your local retailer. Offers available to private individuals, Vauxhall Partners and small businesses 1-24 (purchase only). All other sales categories are excluded. All offers apply to selected new vehicles ordered or registered between 03.02.09 and 02.04.09, and are subject to status, eligibility, terms and conditions. (Vaux64979)



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YEAR	REGMODEL	ENGINE	DOORS	COLOUR	MILEAGE	£	YEAR	REGMODEL	ENGINE	DOORS	COLOUR	MILEAGE	£								
ANTARA																					
2008	08	Antara S CDTi Auto	2.0	5	Slate blue	5,350	15,995	2006	06	Corsa Design	1.2	3	Ultra blue	25,000	5,29						
2007	57	Astra Club CDTi Est	1.3D	5	Panacotta	8,275	9,495	2006	06	Corsa Sxi Plus	1.2	3	Black sapphire	42,000	5,995						
2007	57	Astra Club CDTi	1.7D	5	Star silver	10,680	8,995	2005	06	Meriva Breeze	1.4	5	Silver lightening	47,000	4,995						
2007	57	Astra Sport Twin Top	1.8	2	Star Silver	14,650	11,995	2005	55	Astra Club E/T	1.6	5	Star silver	16,000	6,295						
2008	57	Astra Club CDTi Est	1.3D	5	Star silver	17,300	9,495	2006	06	Astra Twin Top Sport	1.8	5	Star silver	16,000	9,495						
2008	08	Astra Club Auto	1.8	5	Star silver	3,460	10,895	2006	06	Astra Sxi Sports hatch	1.4	3	Panacotta	19,600	7,395						
2008	08	Astra VRX Nurbergering	2.0	3	White	9,600	16,495	2007	57	Astra VXr	2.0	3	Flame red	16,000	12,995						
2008	08	Astra Breeze Plus	1.4	3	Black sapphire	5,800	10,250	2008	08	Astra Breeze Plus	1.4	3	Black sapphire	42,000	10,495						
2008	58	Astra Sxi Sportshatch	1.6	3	Black sapphire	2,500	10,495	2003	53	Vectra Club	1.8	5	Moonland	42,000	3,795						
2008	58	Astra Sports Hatch Sxi	1.4	3	Star silver	2,810	10,495	2008	08	Vectra Sri	1.8	5	Black sapphire	17,700	8,995						
ASTRA																					
2006	06	Astra Twin Top Sport	1.8	2	Star silver	16,600	8,695	2007	57	Zafira Active	1.6	5	Black sapphire	22,000	6,995						
2007	57	Astra Club CDTi	1.7D	5	Panacotta	10,680	8,995	2006	06	Zafira Exclusive Auto CDTi	1.9D	5	Star silver	10,000	9,995						
2007	57	Astra Club CDTi	1.7D	5	Star silver	14,650	11,995	2007	57	Antara E Auto CDTi	2.0	5	Slate grey	8,250	12,995						
2008	08	Astra Club CDTi Est	1.3D	5	Star silver	17,300	9,495	USED SELECTION													
2008	08	Astra Club Auto	1.8	5	Star silver	3,460	10,895	2007	70	Astravan	1.9	CDTi	Moonland	25,000	£7,995+VAT						
2008	08	Astra VRX Nurbergering	2.0	3	White	9,600	16,495	2007	07	Astravan	1.9	CDTi	White	14,200	6,495+VAT						
2008	08	Astra Breeze Plus	1.4	3	Black sapphire	5,800	10,250	2007	57	Astravan	1.9	CDTi	White	9,500	£7,995+VAT						
2008	08	Astra Sxi Sportshatch	1.6	3	Black sapphire	2,500	10,495	2008	08	Astravan SE	1.9D	5	Star silver	5,760	£10,995+VAT						
2008	08	Astra Sports Hatch Sxi	1.4	3	Star silver	2,810	10,495	2007	57	Combo	1.3D	CDTi	White	13,475	£6,495+VAT						
CORSA																					
2005	55	Corsa Sxi	1.2	3	Black sapphire	28,600	5,495	2007	07	Combo	1.3D	CDTi	White	8,700	£7,995+VAT						
2008	08	New Corsa Breeze CDTi	1.3D	3	Star silver	3,025	8,995	2008	08	Combo	1.3D	CDTi	Silver	12,128	£7,995+VAT						
2008	08	New Corsa VRX	1.6	3	Arden blue	4,700	12,99	2006	06	Movano	2.5	CDTi LWB	White	19,700	£9,995+VAT						
2008	08	New Corsa Breeze CDTi	1.3D	3	Star silver	2,000	9,195	2007	57	Movano	2.5	CDTi	White	10,300	£12,995+VAT						
2008	08	New Corsa Breeze CDTi	1.3D	3	Star silver	1,880	9,195	2008	08	Movano	2.5	CDTi	White	11,050	£11,995+VAT						
MERIVA																					
2008	08	Meriva CDTi Breeze +	1.3D	5	Star silver	3,350	10,995	2008	08	Movano	2.5	CDTi	White	6,460	13,995+VAT						
2008	08	Meriva Breeze	1.4	5	Black sapphire	12,500	8,495	2008	08	Movano	2.5	CDTi	White	12,100	£9,495+VAT						
SIGNUM																					
2007	57	Signum Exclusiv CDTi Nav	1.9D	5	Star silver	9,950	10,995	2005	55*	Vivaro	1.9D	CDTi	Red	57,500	£8,995+VAT						
TIGRA																					
2006	06	Tigra Exclusiv	1.4	2	Star silver	15,975	9,495	2007	57	Vivaro	1.9	CDTi	White	11,780	£9,795+VAT						
VECTRA																					
2008	57	Vectra CDTi Excl Auto	1.9D	5	Ultra blue	5,870	10,995	2008	08	Vivaro	2.0	CDTi	White	16,050	£9,795+VAT						
ZAFIRA																					
2005	05	Zafira Life	1.8	5	Ultra blue	38,250	5,995	2005	55*	Traffic	1.9	D Ti	Star silver	3,190	£15,995+VAT						
2008	08	New Zafira Breeze CDTi +	1.9D	5	Star silver	3,985	12,895	2008	08	Traffic	1.9	D Ti	Blue	76,100	£5,995+VAT						
2008	08	Zafira Club CDTi	1.9D	5	Star silver	8,500	10,995	2008	08	Corsavan	1.3	CDTi	White	Delivery	£6,995+VAT						
NON VAUXHALL																					
2002	52*	Fiat Punto Active Sport	1.2	3	Metallic red	61,500	2,995	2008	58	Corsavan	1.3	CDTi	Black	Delivery	£11,995+VAT						
2001	C*	Nissan Micra S	1.0	5	Red	59,575	2,695	2008	58	Corsavan	1.3	CDTi	Black	Delivery	£12,495+VAT						
2001	51*	Renault Dynamic Clio	1.2	3	Metallic blue	76,150	3,150	2008	58	Corsavan	1.3	CDTi	Black	Delivery	£13,995+VAT						
2003	03*	Renault Scenic Fidji	1.4	5	Silver	55,000	3,695	2008	58	Corsavan	1.3	CDTi	Silver	Delivery	£13,995+VAT						
2006	56*	Hyundai Coupe Atlantic	2.0	2	Silver	17,200	7,995	2008	58	Corsavan	1.3	CDTi	Ink Blue	Delivery	£11,995+VAT						
PRE-REG VEHICLES																					
2008	58	Vivaro	2.0	CDTi	Silver	Delivery	£10,995+VAT														
2008	58	Vivaro	2.0	CDTi	Black	Delivery	£11,995+VAT														
2008	58	Vivaro	2.0	CDTi	Black	Delivery	£12,495+VAT														
2008	58	Vivaro	2.0	CDTi	Black	Delivery	£13,995+VAT														
2008	58	Vivaro	2.0	CDTi	Silver	Delivery	£13,995+VAT														
2008	58	Vivaro	2.0	CDTi	Ink Blue	Delivery	£11,995+VAT														

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USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

RENAULT MEGANE



RENAULT'S second generation Mégane arrived in late 2002 and proclaimed that, unlike its predecessor, it would look and stay fresh for the full production run – it still looks good against its recent successor. The now famous rear end 'bustle' made the car stand out and buyers flocked to Renault's mid-range model despite the feature costing load space. Apart from a sassy image it offers good diesels, safety, low running costs and scorching Renaultsport versions (pictured).

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

FRENCH FAMILY HATCHBACKS

IN a market sector where products are increasingly alike, French motor manufacturers tend to create highly individual rivals to the big-selling Ford Focus. Where Gallic contenders do harmonise is with chic and distinctive interiors, good turbodiesel engine options and ride comfort – a response to rural tracks and the cobbled streets that still criss-cross many city centres in France. This is not to everyone's taste though, so our trio can be very affordable too in a used car market that saw prices tumble drastically in late 2008.

CITROEN C4



LIKE Renault, Citroën really needed to pull something special from the hat for its current family hatch. As a result, the C4 is a far better car than the horribly Xsara that it replaced and Citroën has given the five and three-door models a different look each; the former is sleek, futuristic and stylish while the latter has rakish coupé lines. However, both ride beautifully and share a radical and interesting interior without the irritating quirks of old-style Citroëns.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

PEUGEOT 307



PEUGEOT used to trump its French rivals in this sector, but faces tougher players now. The 307, launched in 2001 and replaced in 2007, saw Peugeot acknowledge the trend towards MPV styling, opting for a high roofline, while still offering a conventional estate and MPV-like SW alternative (pictured). Along with the original three and five-door hatchbacks and a coupé cabriolet, the 307 has all the bases covered, a fine choice of turbodiesels and cheaper used prices.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

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Fiat 500 1.2 Pop	36 Monthly payments	£129.00
On the road	£8,100	Optional final payment (inc £240 fee)
Deposit	£810	Total amount payable
Balance financed	£7,290	Typical APR

Euro NCAP

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★★★★★

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Fuel consumption figures for the Fiat 500 1.2 Pop mpg (l/100km) and CO₂ emissions: Urban 44.1 (6.4) Extra Urban 65.7 (4.3) Combined 55.4 (5.1). CO₂ 119 g/km.

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Sociable girl, 28, loves pubs, social drinks, meeting new people & more, seeks similar male, 58-62, for a lasting relationship. Box 446756

BRING ME SUNSHINE

Outgoing, fun female, 28, seeks outgoing, fun guy to make me laugh and share the good times with. Box 882511

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YOUNG-AT-HEART

I'm Rachel, 35, medium, enjoys pubs, clubs, cosy nights in, cinema, theme parks, looking someone special to share things with. Box 448591

SOUND GOOD?

Hello I'm 35, kind, caring and non-smoking, enjoy cooking, cinema, music, dining in and out, looking for that special someone to enjoy a relationship with. Box 447959

ON A ROLL!

Hi, I'm Alison, 36, 5ft5, single mum, loves swimming, roller skating and meeting new people, looking for a male friend, maybe leading to more. Box 448665

CLOSE ENCOUNTER

Loving, caring, female, 36, 5'8", blonde hair, blue eyes, N/S, GSOH, likes cinema, bowling, country pubs, nights in/out, seeks male for friendship and LTR. Box 827619

LOVE TO LOVE YOU

Lovely female, 36, 5ft4, medium-large build, blonde hair, blue eyes, own house, loves walking, going out, the usual! Seeking male for long-term, serious relationship. Box 438102

MESSAGE IN A BOTTLE

Good-looking woman, 37, 5ft2, brown hair/eyes, 2 kids. Looking for new friends, and hopefully someone special. Box 446039

TRY ME

Ashford-based woman looking for an honest, friendly, caring, and loving man. I have 2 kids, and enjoy the usual things in life. Box 446985

NOTES

Lonely, bored, professional Tunbridge Wells lady, 40, WLM, slim, single, solvent, professional white male 40-50 for company, fun, love and laughter. Box 443573

ANIMAL LOVER

Tall, slim woman, I like horse riding, animals, cycling, country walks with the dogs, nights in/out. I'm 42, with brown hair/eyes. Box 448924

TOGETHER?

Slim lady, 42, 5ft9, long dark hair, loves walking her dogs, enjoys outdoors, seeks gentleman to spend time with and get to know. Box 446861

ANYTHING IS POSSIBLE

Hello I'm Nikki, 41yr young, 5ft1, enjoys dining out, cinema and dancing, seeking a male for friendship, possible romance and fun times. Box 44796

AIMING HIGH

6ft blonde aerobics instructor, female, 43, seeking decent, tall, fit male for companionship, hopefully leading to a relationship in my spare time (mainly afternoons). Box 446017

GOOD TIME GIRL

Outgoing young lady, 43, blonde hair blue eyes, 5ft4, works hard, loves socialising, partying, meeting new people...looking for similar male to enjoy happy times with. Box 449157

SATURDAY NIGHT AT THE MOVIES!!

Single mom, 43, kind and devoted, likes walks, cinema, beaches and socialising, drinks and films, seeks similar man for lasting love. Box 449586

COUNTRY LASS SEARCHING FOR LOVE

Country-loving happy lady, 43, 5ft6, green eyes, long curly hair, good figure, looking for a genuine guy for a serious relationship and lasting happiness. Battle. Box 883723

SEIZE THE DAY

Loving female, 36, 5ft4, brown hair, blue eyes, interested in historical places, music, eating out, seeking similar male for friendship and more. Box 428666

DON'T LET ME DOWN

Pretty, black female, 38, 5ft4, like football, socialising and cooking, looking for a loving and caring male, 38-42, for a LTR. Box 446684

NO TIMEWASTERS!

Easygoing black female, 32, enjoys shopping, football, eating out, cosy night in, WLM loving, caring white male 35-47 for long term loving relationship. Box 444221

AND THE SPARKS WILL FLY

Bubbly lively lady, 5ft7, outgoing, 33, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585

HORSES FOR COURSES...

Caring, loving, affectionate female, 30, 5'2", blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 384013

CHATHAM UP!

Pretty black female, 32, tall, loves watching football, shopping, travel, seeking tall, white, loving male, 34-47, for LTR. Chatham. Box 437778

ANIMAL LOVER?

Nurse, 37yrs, 2 kids, 5ft8, blonde hair, blue eyes, likes the gym, cooking, swimming, salsa dancing, looking for a kind, caring, loyal male Box 431557

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**FOR LOVE**

Hard-working male, 29, 5ft10, dark hair brown eyes, medium build, plays harder! Likes going/outing, eat, drink, honest female, 53, 5ft7, larger build, fair hair likes socialising, country walks, theatre, cinema, music, swimming, WLM similar loving male. Box 443462

WORD FOR WORD

Honest and caring female, 44yrs old, enjoys pubs, cinema, theatre and much more, seeks a kind, caring gentleman for friendship & romance. Box 882419

GENUINE REPLIES ONLY

Bubbly female, 44, brunette, N/S, medium/large, enjoys singing and theatre. Would love to meet a decent fun-loving guy, similar age, pref non-smoker for LTR. Box 445955

LET'S SEE WHAT HAPPENS!

Smart petite lady, 56, 5ft1, short blonde hair, green eyes, likes restaurants, theatre, cinema, travel abroad; seeking happy guy with similar interests. Box 448795

COME ON DOWN!

Honest, bubbly female, 45, long hair, slim, enjoys walking, cinema, socialising; seeks honest, friendly chap for friendship/more. Box 882693

COULD IT BE YOU?

Hi I'm 44, slim, 5ft8, a redhead, love nights out, socialising, looking for friendship initially and hopefully more later on. Box 889800

HI EVERYONE, I'M

Debbie 46, slim, 5ft5, blonde hair, blue eyes, looking for a man, 44-49, 5ft7+, with a nice appearance, preferably a N/S. Box 449422

SOUND GOOD?

Hi I'm Lynne 46, 5ft4, dark hair, blue eyes, reading/writing, going out, astrology, cars; seeking honest, caring, outgoing guy to enjoy music, fun, friendship and more! Box 446562

JUST IMAGINE

Petite, bubbly, friendly, easy-going single mum, 49, enjoys cinema, eating out, socialising, most things. WLM genuine male, to see where life takes us! Box 893562

BE MY FRIEND AND LOVER

Bubbly, caring lady, 47, divorced with 2 teenagers, dark hair, medium build, into cooking, driving, love to talk, laugh and have fun, seeking a normal guy Box 449552

ENTERTAIN ME

Female, 50, medium build, blonde, quite short, seeking tall, confident, sensual guy for regular wine, dining, loving and laughter, must be honest, genuine and loving. Box 438884

TOGETHER?

Slim lady, 42, 5ft9, long dark hair, loves walking her dogs, enjoys outdoors, seeks gentleman to spend time with and get to know. Box 446861

JUST IMAGINE

Petite, bubbly, friendly, easy-going single mum, 49, enjoys cinema, eating out, socialising, most things. WLM genuine male, to see where life takes us! Box 893562

BE MY GUY

Young 50s lady, slim, 5ft4, fair hair, a smoker, loves music, going out, cooking, gardening, seeking similar loving, caring, honest male. Box 449288

HERE AND NOW

Outgoing lady, 50, enjoys walking along the beach, nights out and in with a quiet bottle of wine, seek man to love forever. Box 449524

FOR KEEPS

Hi I'm Karen, 50, medium build, 5ft, separated, devoted mom, looking for friendship with someone who likes dining out, evening walks, and perhaps something lasting... Box 882618

LOVING AND GENUINE

Female, early 60s, tall, slim, modern, young thinking & very adaptable to people, own house, loves animals, walking & eating out. Hastings. Box 440502

ROMANCE, COMPANIONSHIP?

Me, 39, 5ft6, blonde hair, blue eyes, hard working, friendly, loves films and music, sports, football, karate... WLM slim, slim, attractive lady for meals and more. Box 449167

FOR KEEPS

Divorced devoted dad, 39, into motocross, bikes, football, socialising, travel; seeks similar woman with good heart for potential romance. Box 448687

ANYTHING IS POSSIBLE

Art-loving 40yr old, 5ft9, brown hair/eyes into motorcycles and weight-lifting, looking for a trustworthy female for friendship to start off with, then who knows? Box 449228

LOVE ON THE DANCEFLOOR

Outgoing, young-minded male, 47, smoker, likes war games, books, cinema, castles, places of interest, seeking similar woman to boogie on the dancefloor. Box 443750

THE FIRST STEP...

Attractive mixed race male, 41, 5ft10", likes chatting, travel, and music. Looking for a female, in the Kent or London areas. Box 882345

THE WIND BENEATH YOUR WINGS

Guy of 40, outgoing, tall, 5ft10", handsome, easygoing, looking to meet a nice, attractive lady to sweep off her feet. Box 883376

MAKE IT A LOVELY DAY

Hi I'm 40, GSOH, 6ft, light green eyes, brown hair, blue eyes. I love music, eating out, reading/writing, drives, weekends away. WLM boyish female. Box 448248

STANDING ON OUR OWN FEET

Hi there, I'm a 42 year old male, 6ft, with brown hair/blue eyes, sincere, caring & thoughtful. OHAC, seeking female with independent mind for love. Box 884870

TO LOVE SOMEbody

Loving, tactile, genuine, considerate male, 42, life of the party, loves swimming, music, cinema, reading, WLM female. Box 884940

GET BACK

Gentle male, 42, brown eyes, medium build, works hard, own place, seeking similar female, no hassles, to enjoy cinema, eating out and more with. Box 449452

THE PERFECT RELATIONSHIP?

Dad with great SOH, 29, 6ft, dark hair blue eyes, slim, loves music, cars, swimming, music, socialising, looking for girl for fun and more. Box 449334

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OPEN-MINDED GUY

Hi I'm Phillip, 54, looking for a caring loving person like me, I'm professional, looking to share love, laughter, walks, much more. Box 449593

PLANT THE SEEDS

Honest and loyal, 53yr old guy, 6ft tall, considered attractive. I'm easygoing, with a GSOH. Looking for female company, to socialise with, I like DIY, gardening. Box 884003

MY ONLY WISH...

Young-looking male, 58, 5ft8, slim, looking for a lady, 50-60, for fun, friendship, maybe a LTR. I enjoy cooking, theatre, cinema and much more. Box 446952

LIKE IT MOSTLY BY THE COAST!

53yr old male, 6ft, brown hair, blue eyes, medium build, 5'8", looking for my soul mate for lasting love and TLC. Canterbury Box 434341

BIG DEAL IN DEAL

Warrior male, 42, 6ft, likes socialising, pubs, clubs, cosy nights in, seeks like minded female, for friendship, more. Box 448952

NICE TO MEET YOU

Genuine single guy, 37, worked hard all my life now needs to play hard, seeking loving lady, to have loads of fun, and more. Box 449538

SUCCESSFUL AND SINGLE

Good looking male, 42, 6ft, well built, muscular, fit, enjoys golf, rugby, socialising, travel, seeks female for friendship, leading to serious relationship. Box 158489

FANCY A FILM?

Shy but outgoing male, 45, 5ft8, short dark brown hair, hazel eyes, stocky, really looking for genuine, trustworthy, lovely woman for love. Box 449307

YOU'RE NOT ALONE

Separated male, 50, 5ft5, blue eyes, 5ft8, slim, considering divorce, looking for a caring male to be with him. Box 446943

NOW AND FOREVER

Easygoing affectionate tattle-tale, 59, enjoys romantic dinners, walks by the sea, cosy nights in, seeking attractive lady for love and lasting relationship. Box 449553

HIS LADIES

Young 45yr old chap, single 6ft1, slim/medium build, I'm an easygoing guy, thoughtful, quiet, looking for a similar lady for friendship, and hopefully lasting relationship. Box 449480

CONNECT WITH ME

40yr old single dad, likes socialising, eating out, travelling, family life, seeks female, 26-38, with similar interests. Box 783876

EVERY ROMANTIC

Young 46yr old male, 6ft1, athletic, loves keeping fit, cricket, classicblues/R&B music, cooking, travelling, dining, seeking lady to meet up with and see what happens! Box 885648

MOVING ON

Male, 62, 5ft10, grey hair, likes the countryside, travel, watching sport, gardening; seeking non-smoking lady of similar age to share life with. Dover area. Box 446326

HOLD MY HAND

Separated male, 61, honest and trust worthy, WLM lady for walks, trips to seaside, cuddles, and hopefully long term relationship. Box 445934

Men seeking men

ARE YOU INTERESTED? Good guy, looking for male, 35-50. I'm 40, green eyes, dark hair, average build. I enjoy pubs, music, cinema, dining in/out. Box 436613

RYE HERE, RYE NOW!

42yr old male, blue eyes, shaved head, enjoys eating out, socialising, art, theatre. WLM a male, 35-50, for fun, possibly more. Box 441645

JOINED IN LOVE?

Good-natured, down-to-earth guy, 46, green eyes, dark hair, slim, enjoys holidays, music, pubs, eating in/out, W



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For an informal discussion of the above posts please contact David Hayter, Operations Manager, KCA Psychological Therapy Providers on 01795 590212.

Application forms and job descriptions can be downloaded from <http://www.kca.org.uk/pages/vacancies.html> or email recruitment@kca.org.uk. Alternatively, write to KCA (UK), Dan House, 44 East Street, Faversham, Kent ME13 8AT or call 01795 590635.

Please quote reference 552.

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Interview date: TBA.

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12 noon Friday 27 March 2009 - Interviews will be on Friday 3 April 2009

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BUSINESS BRIEFS

'Human capital' seen as key to firms' efficiency

ATTRACTING and retaining skilled employees is now seen as the most important source of using trade resources efficiently for UK businesses, according to new research.

In a poll of almost 200 senior executives, 83 per cent felt that in light of the current skills shortage, human capital was the key factor in having an edge over their competitors.

The survey, conducted for professional services group KPMG by Opinion Leader Research, found that the current skills shortage was the most pressing issue facing British organisations.

Kathy Lloyd, head of people services at KPMG in Kent, said: "The success of the UK increasingly relies on our ability to function as a highly skilled, hi-tech economy and employers are right to be concerned about the difficulty in finding staff equipped with both basic and more advanced skills."

According to the survey results, nearly three-quarters (74 per cent) of companies surveyed felt that the UK fell short in terms of skills, particularly literacy and numeracy.

Staff retention was cited as the second key people-issue that UK firms expect to face in the future and businesses are considering a raft of measures to counter this.

Most popular of these would be training and development (62 per cent), finding ways to retain top performers (61 per cent) and leadership development (59 per cent).

Women's Day invitation

SOUTH East businesswomen have been invited to a lunch on Thursday, March 12, to mark International Women's Day.

Organised as part of the South East England Development Agency (Seed) Women's Enterprise Ambassadors Network, the speaker will be Caroline Marsh, who recently took part in Channel 4's Secret Millionaire series.

The lunch is at Nutfield Priory, Redhill. International Women's Day is a global event to mark the social, political and economic achievements of women.

Phone Joanna Brown at Prowse & Company on 01372 373386 or email joanna@prowse.co.uk.

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Julie Maddocks asks: "In business, is small really beautiful?" Search 'crunch'

Act now to sustain a healthy bottom line

■ BY **TONY PATEY**

BUSINESS chiefs have been told to grasp the nettle and embrace sustainable commercial activity - or face the Government imposing regulations upon them.

An audience of high-powered county businesspeople were at last week's Institute of Directors/Business Link breakfast on sustainability in business.

David Boomer, head of energy efficiency and climate change at the IoD, said: "Sustainability is a business agenda which has been coming of age for some time, but it has to be a fundamental part of business.

"You can't talk about it without energy efficiency and climate change. The UK, for the future, has a huge skills gap. We need innovative sustainable skills with clear leadership and investment.

"If business doesn't respond, Government will regulate. We need to develop business and skills capacity."

He was speaking at the conference centre in Sittingbourne's Kent Science Park, a fitting venue because the park's senior management, led by director James Speck, is also keen to develop skills for the area and beyond.

He was introduced by Kent IoD chairman Frazer Thompson, who said: "Sustainability is something we can do without sacrificing winning new business."

Mr Thompson runs the Chapel Down wines group at Tenterden and he said it recently took a look at its own carbon footprint - and a half was in the wooden posts in the vineyard. They have since been swapped for metal ones.

Andrew Fletcher, managing director of Carbon Control energy conservation company, said: "From speaking to many business owners and managers it became apparent to me that businesses are in fact concerned about



SEE THE LIGHT: Sustainability and hi-tech skills are essential to the UK's future prosperity, delegates were told

reducing their energy consumption, costs and increasing their sustainability. However they sometimes lack the knowledge, expertise and time to tackle these issues."

He said businesses could access national and local grants - as well as support such as the Carbon Trust's interest-free loans - and they should also check out enhanced capital allowance schemes.

Erica Russell, Business Link's market development manager (sustainable business) said a company's green credentials should encompass its issues with energy, water, waste, raw materials, legislation and transport.

Paul Anderson, who runs Stone Circle Livery between Woodchurch and High Halden, which claims to be the UK's first and

only fully organic livery yard, gave a mini case study and stressed the need to be committed, determined and innovative.

High quality commands a premium rate and with the credit squeeze some customers left and a long waiting list vanished, he said.

However, he increased his rates but also increased the amount he had been setting aside for environmental improvements from each customer as well.

"Nothing happened - then the emails started to come through. It was a very worrying moment for us."

"From being in a dire situation a few months ago we are getting the customers coming back. It has put us on the national and international stage - we've had amazing PR."

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DRAW: Norton Sports (in red) held out against Erith

Goalkeeper saves the day for 10-man Norton

Erith & Belvedere 0 Norton Sports 0

KEEPER Paul West produced a heroic performance to earn ten-man Norton Sports a point at Park View Road, as the visitors repeatedly thwarted a goal-shy Erith & Belvedere.

West was called into action after just three minutes, tipping over a shot from Ross Cable, one of the most prolific strikers in the Kent League Premier Division.

An Adrian Deane free-kick on 11 minutes looked destined for the top corner, but West somehow managed to claw it round

FOOTBALL

for a corner and having weathered the storm, Norton then mounted attacks of their own.

James Sharman was denied when his effort was blocked by an Erith leg and Tommy Price's screamer was kept out by Deres keeper Matt Bromby.

Nine minutes after the restart Bromby again thwarted Price, this time from close range, but the visitors survived a strong penalty appeal two minutes later, when Tom

Nunn tangled with the Deres' Nick Smith, only for the referee to wave away the home side's appeal.

With a quarter of an hour to play, Norton nearly shot themselves in the foot when Daniel Swann was shown a second yellow card for refusing to allow an opponent to take a throw-in, which tipped the momentum back in the home side's favour.

West denied Bedford, but with three minutes left he nearly undid his good work by spilling a shot from Deane. Happily for Norton, he recovered to smother the ball and preserve the stalemate.

Milton's cup hopes dashed in semis

MILTON & Fulston United's Inter-Regional Challenge Cup hopes are over for another season after a semi-final defeat.

Milton were given a tough task to book their place in the final with a tie against high-flying Hollands & Blair.

On the day, Hollands & Blair proved too strong and ran out comfortable 5-0 winners.

Milton & Fulston United return to league action this Saturday when they travel to fellow strugglers Bromley Green. A precious three points could move them out of the relegation zone.

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KOS Media go behind the scenes at the Brands Hatch 2009 launch day

Sheppey extend lead at top of table

AFC Sheppey moved three points clear at the top of the Kent County League Division 1 East after thrashing Lydd Town.

Sheppey's clinical attacks proved to be the difference as they swept struggling Lydd aside in a 4-1 away victory.

The result moved Sheppey to the top of the league, but second-placed Canterbury City are three points behind with three games in hand.

Sheppey have a break from competitive action this week and return on March 14 to play Kennington.

In the Premier Division, relegation threatened Sheerness East host Snodland this Saturday as they hope to move closer to safety.

PLEASE SEND YOUR SPORTS STORIES TO SPORTS EDITOR GLENN PEARSON AT
glenn.pearson@kosmedia.co.uk



BAD LUCK: Shane Byrne left Australia empty handed after two crashes at the Phillip Island circuit during in the opening round of the World Superbike Championship

Shakey start to World Superbikes challenge

TWO crashes at the opening round of the World Superbike Championship was not the start Shane Byrne wanted to the 2009 season.

The Sheppey rider failed to finish either of the races, losing control of his Sterilgarda Ducati on the tight and twisty Phillip Island circuit in Australia.

Byrne went into the meeting with a disadvantage after his team were unable to compete in the three-day test session at the circuit earlier in the month.

With no track data, Byrne did well to qualify 15th on a circuit he had not ridden on for five years.

MOTORSPORT

■ BY TOM HOWARD

In race one Byrne struggled to keep pace with the leading pack and crashed out of 15th place on lap eight. He injured his hand but still took to the grid for race two.

Byrne produced a better showing and stormed up to 11th on lap seven and had the pace to keep up with the leaders. However, his race came to a premature end when he lost control of the bike while overtaking Jakub Smrz.

The reigning British Superbike champion was left to rue his bad luck and look ahead to the next round of the championship.

Byrne told the team website: "It was bad luck. I had a good start in race one, but I noticed that the tyres were slipping in an odd way in the early laps.

"I tried to recover, but after seven laps I slipped. Although I had a hand injury, I didn't give up and started race two as well."

"I had a pretty good start, but after 11 laps, while I was trying to overtake Smrz, I got very wide on the final corner."

"I tried to hold trajectory but the steering wheel locked up and I crashed. Nevertheless, I started to understand how hard fought the SBK is, especially in the first laps."

Byrne will hope for better luck in round two of the championship at Losail in Qatar on March 14.

Picture: STERIAGARD DUCATI

Bourne battle to draw after defensive blunder

FOOTBALL

■ BY FRED ATKINS

Sittingbourne 1

Bradbrook 28

Eastbourne Town 1

Williams 2

SITTINGBOURNE recovered from a nightmare start to earn a point against Eastbourne in the Ryman Division 1 South on Saturday, but the overwhelming feeling at Bourne Park was one of frustration.

Gary Abbott named an unchanged side but they made the worst possible start against Eastbourne, falling a goal behind after just 108 seconds.

Luke Denton's long throw was criminally neglected by the home defence and the unmarked Danny Williams glanced a header that bounced on its way in.

The Brickies struggled to get going, but they were handed a lucky break in the 28th minute, when a mishit shot from Colin Richmond fell at Tom Bradbrook's feet and he struck the equaliser.

Sittingbourne gradually got on top, with



SLOPPY START: Sittingbourne recovered to take a share of the points after an early defensive howler

Mark De Bolla twice going close and the visitors suffered a blow when their skipper Danny Simmonds went off with an injury.

De Bolla played in Richard Brady for Sittingbourne's final chance of the first half, but his effort went narrowly over.

Sittingbourne starting XI



Subs used: Marsh (Kayembe 74), Bradbrook (Akhazzan 89)

After the break Sittingbourne pressed forwards and the visitors twice exploited the gaps left at the back.

On both occasions only timely interventions from Joe Dowley denied Eastbourne a goal, but otherwise the Brickies' backline was so effective keeper Matt Reed was a virtual spectator.

Yet this merely compounded the home side's frustration at being unable to make a breakthrough.

Richmond stumbled when through on goal in the 63rd minute and though the rebound bounced kindly for Brady, his effort was blocked.

Brady then tried a curling effort that was brilliantly caught by the Eastbourne keeper Russell Tanner.

In the 89th minute Sittingbourne came desperately close to a winner when a long throw was deflected in the area, but it was hacked off the line by Paul Richardson and Sittingbourne had to settle for the draw.

FOOTBALL



PENALTY: Lee Shearer (left) scored from the spot in Faversham's comfortable win

Town draw first blood on cup foes with crushing win

Faversham Town 4 Croydon 1

THE LILYWHITES swatted aside Croydon in a Premier Division fixture, landing a psychological blow on their opponents ahead of their upcoming Kent League Cup semi-final.

Dane Luchford was drafted into the side to replace top scorer Damian Abel, who was injured during the midweek loss to Holmesdale and eager to atone for that loss, Town made a confident start.

Although the opening exchanges were even, the home side went in front just after the half-hour mark when new signing from Maidstone, Craig Thompson, steered the ball into the path of Luchford, who outpaced the defender and produced a classy finish.

The goal visibly lifted Town's confidence and four minutes before the interval it was 2-0, after Steve O'Brien gathered the ball from a throw-in, pivoted and found the net for his 12th goal of the season.

The visitors' discipline began to wane in the second half and their overly physical approach produced a string of yellow cards.

The Lilywhites' third arrived near the hour mark. Thompson was fouled in the area and skipper Lee Shearer, Town's man-of-the-match, stepped up to make it 3-0.

With the points seemingly in the bag, Faversham made a double substitution with Thompson and Luchford making way for Sean Hetterley and Chris Oyebajo, but it was visiting sub Badar Mohammed who made the most immediate impact, clawing a goal back with four minutes to go.

Scoring a way back into the game, Croydon mounted a series of late attacks, but keeper Kevin Readings made a number of impressive saves and O'Brien added a fourth goal in injury time.

No regatta display by Court at Henley

HOCKEY

Henley 5 Gore Court 2

GORE Court men's 1st XI missed the chance to put pressure on South Hockey League Division Two leaders Wimbledon on Saturday.

Court's defence could not cope with the attacking threat of Henley, as the Oxfordshire side found the net on five occasions.

Gore Court rallied with a brace from Aaron Glass, but it was too little too late as they fell to a 5-2 defeat.

Despite the loss Court remain in second position, but are now nine points behind leaders Wimbledon.

Court hope to bounce back this Saturday when they take on struggling Lewes.

The ladies 1st XI gave their promotion hopes a boost by thrashing Basildon 8-1.

A hat-trick from Susan Cox and goals from Leanne Payne, Alison Cox and Rachael Lukehurst in the second half, wrapped up the points for Court.

With four games remaining Court are six points behind East Hockey League Division Two South East leaders Brentwood.



SLIP UP: Gore Court suffered a costly defeat at Henley

Red-faced Brickies boss slams comedy defending

FOOTBALL

GARY Abbott confessed to feeling "embarrassed" by the way his Sittingbourne squandered two points at home to Eastbourne on Saturday – specifically the gruesome way they conceded in the second minute.

The Brickies manager sounded like he was describing a car accident rather than a goal when he spoke to Yoursware.

"It's a throw in and not one of our defenders has gone to attack it," he said, wincing at the memory.

"Matt Reed's on his line, the ball's bounced and he's just watched as their player's gone and headed it in. I'm not being funny, but if you're a keeper you just step out and get the ball. It was embarrassing."

For Abbott the game was an unwanted throwback to the start of the season, when a string of defensive howlers saw the Brickies haemorrhage points.

"It's cost us two points," he said. "I thought we'd stopped all that nonsense. I'm gutted because we could have gone up to fourth, then maybe second by beating Corinthians on Monday, but we're still in it. We've got 15 games to go and we've got to win 10 of them. We've got to be positive."

Abbott admitted that the Eastbourne game wasn't much of a spectacle, though he praised his players' endeavour.

"To be honest in the first half it wasn't the best game in the world," he said. "I wouldn't really single anyone out, but Tom Bradbrook does well for us up front and I can't fault any of them for effort."



SHOCKER: Gary Abbott was left frustrated after poor defending saw his side go behind against Eastbourne

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GILLS first-team coach Mark Robson talks about his hopes for the future



Spice Lounge

Award Winning Indian Restaurant



Sunday Lunch Buffet

Take a break from cooking and give yourself a real treat! Our 'help yourself' buffet is a great way to spend Sunday

**Adult £8.95
Children (Under 12) £3.95
12:00 Noon - 3.30pm**



Monday & Thursday Evening Banquet

One starter one main course
one rice + choose either
a side dish or naan bread
all for only £11.95

ENJOY THE DELIGHTS OF OUR AWARD WINNING TAKEAWAY MENU

Sample our mouth-watering dishes in the comfort of your own home – order a delivery or come and collect

CONNOISSEUR'S STARTERS

Choose from 9 tantalising dishes including
AMOKHA TIKKA £4.95

Passanda cut of ostrich marinated in spices. Cooked in the tandoori oven with mace and paw-paw.

SPICY CRAB CAKE £4.50

Crab meat infused with coconut, crushed chillies and mashed potatoes.

TANDOORI KING PRAWN £4.50

King prawns marinated over light carom seeds.

VEGETARIAN STARTERS

Choose from 6 healthy dishes

TRADITIONAL STARTERS

Choose your favourite dish from a choice of 7 including
SHEEK KEBAB £2.95

Skewered mince lamb mixed with chilliers chat massala served on a thin fried floppy bread.

CHICKEN OR LAMB TIKKA £2.95

Diced chicken breast or lamb marinated in yoghurt and fenugreek

GOURMET CHOICE

The Gourmet Choice represents the style of cooking known as the "dum pukht" originated in the food courts of the Moghul Emperors and represents the pinnacle of Indian dining - here are some examples

DUM PUKHT BIRIANI £8.95

Aromatic basmati rice cooked with lamb served with cucumber raitha

NADAN KURSI CURRY (mild) £6.95

Pieces of chicken cooked in the clay oven served with a mild sauce. Spinach, fresh mint, cashew nut and cream

NALI GOSHT KURMA (medium hot) £10.95

Baby lamb shank cooked in an onion and tomato sauce flavoured with black cardamom served with Pilau rice.

HOUSE SPECIALITIES

A succulent selection of 9 dishes - including
CHICKEN OR LAMB JALFREZI £6.95

A hot dish prepared with fresh ginger, garlic, green chillies, red and green peppers and fresh coriander, cooked in a light gravy.

CHICKEN OR LAMB TIKKA MASSALA £6.95

We present our own exclusive recipe of succulent tikka in a smooth massala sauce.

SPICE LOUNGE SPECIAL BIRANI £9.95

Cooked with chicken, lamb and prawn served with vegetable curry.

REGIONAL DISHES

Dishes in this section are picked from the different regions of India

SOUTH INDIAN GARLIC CHILLI CHICKEN £6.95

Barbequed pieces of chicken cooked in fresh garlic and chilli sauce

HYDERABADI LAMB ACHARI £6.95

Slightly pickled lamb cooked in a medium to fairly hot sauce with fresh green herbs and coriander

TRADITIONAL MAIN COURSES

Choose from your favourites – here's a selection:

CURRY MADRAS AND VINDALOO

Choose from Chicken or lamb £5.25 - prawn £6.50

King prawn £7.95 Vegetable £4.95

All these dishes are cooked with fresh curry leaves, coriander and ground spices.

KURMA

Choose from Chicken or lamb £5.95 - prawn £6.96

King prawn £8.95 Vegetable £4.95

Cooked with a yoghurt sauce and enriched with mild coconut, redolent on cardamom mace and yogurt cream sauce.

A very smooth and rich dish is full of colour.

DHANSAK (served with pilau rice)

Choose from chicken or lamb £6.95 - prawn £7.95

King prawn £9.95 Vegetable £5.95

All Dhansak dishes are cooked with lentils in a sweet and sour sauce which is fairly hot.

FISH SELECTION

All our fish are locally sourced from Whitstable and Herne Bay on a daily basis - just look at this as a selection of our dishes:

THALI MACHI £10.95

Pan fried sea bass cooked with coconut, tomato and coconut milk served with lemon rice with cashew nuts.

MEEN MOILEY £9.95

Red Snapper cooked with fresh curry leaves, onions, tomato and coconut sauce.

SOFT SHELL CRAB MASSALLA £8.95

Various spices mixed with our chefs mild creamy coconut and cashew nut sauce.

NORTH INDIAN TANDOORI SPECIALITIES

Healthy and earthy tones of our Tandoori dishes is achieved by the use of only fresh herbs and spices in the marinade resulting in a delicious and succulent

kebab - served with salad and mint yoghurt

HALF TANDOORI CHICKEN £5.95

CHICKEN OR LAMB TIKKA £5.95

TANDOORI KING PRAWN £9.95

Are just a selection of our 7 dishes

VEGETARIAN OPTIONS

Choose from one of 5 fabulously tasty dishes

SMOKED AUBERGINE £6.95

Aubergine cooked in a clay oven flavoured with black cardamom served with vegetable paratha

HARA BARA KOFTA £6.95

Spinach and potato dumpling stuffed with prunes in a tomato and fenugreek sauce.

RICE AND BREADS AND CLASSICAL INDIAN BREADS

Choose from 10 rice DISHES - from plain steamed rice to lemon rice with cashew nuts - 6 different nan breads together with such favourites as chapattis, raita, papadams or tandoori roti.

Early Dining Offer
5.30pm - 7.00pm
10% OFF
Our Delicious Menu



10%
DISCOUNT ON COLLECTION
OF ORDERS OVER £10.00 PLUS
FREE DELIVERY ON ORDERS OVER
£15.00 TO THE FOLLOWING:
Boughton, Painters Forstal, Selling,
Oare, Luddenham, Teynham,
Herne Hill and Faversham

TAKEAWAY SERVICE AVAILABLE

01795 533322 / 533992

We are open seven days a week including Bank Holidays Lunch 12.00pm - 2.30pm Evening 5.30pm - 11.30pm

76 Preston Street | Faversham | Kent ME13 8NU

See our full menu at www.spice-lounge.net

Winners
BRITISH
Curry Awards
2008